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endless summer

This family lives it with a yard for all seasons.

special section innovation home

SMART LIFE

Step inside and tour the
2015 BHG Innovation Home,
where we showcase all
the latest smart home
features for security, energy
efficiency, and comfort. And
if you thought technology
had to be sterile, then this
warm and welcoming design
will change your mind.

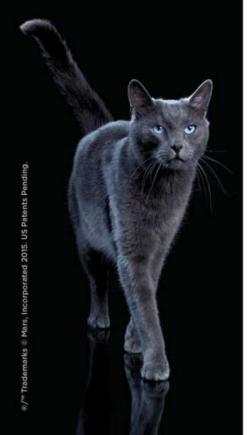




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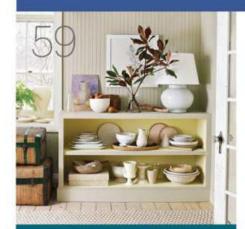


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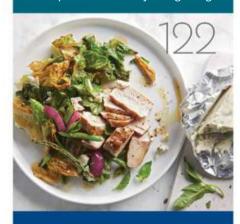


you don't know beans

At least not until you try these recipes, featuring five versatile varieties.



put it in neutral These palettes will make you forget beige.



weeknight delicious
Easy meals like grilled pork salad.

FOOD

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editor's letter

what's new?

Modern life is all about change. What matters is how you embrace it. We have a lot of new things going on at Better Homes and *Gαrdens*®, and we're excited to be continually moving forward. First, I'm very pleased to introduce myself as the new editor in chief (the magazine's 14th in 93 years). I love working with our talented print and digital staff in Des Moines and New York City. Over the past few months, I've been getting to know my new colleagues, and in the process, I'm hoping to get to know you, our readers, as well. I'd like to do that not only through the pages of our beautiful magazine but also over our lively social media channels and our recently redesigned website, BHG.com.

Back when *BHG* was founded, reading a magazine was a fairly passive activity for the reader, who would wait patiently for the latest issue to show up in the mailbox 12 times a year. But in today's highly connected world, you can come into our home 24/7. Maybe it's a pinning session on Pinterest before bedtime, or an early morning check-in on my favorite platform, Instagram (that's a sample of my Instagram feed *at left*). Or perhaps you prefer to watch one of our DIY videos while researching a project for an upcoming weekend.

However you find us, we value the added sense of connection and community that the digital world provides. It's an exciting time to be working at *BHG*, and we all hope you'll enjoy getting to know us as much as we enjoy getting to know you.

Stephen Orr, Editor in Chief

Stylen

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Our editors love to connect. If a recipe or project from this issue inspired you, show us **what you did!** We'd love to share your success.

#BHGOctober

The holiday countdown has begun. Sign up to receive free daily idea inspiration newsletters all the way through Christmas.

BHG.com/
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our picks

FREE HALLOWEEN PARTY KIT

Throw a purr-fect kids' party featuring a paws-theme mini coloring book, printable "kitty chow" snack labels, and a dozen more freebies. BHG.com/PetKit

FALL FLOWERS

Boost your garden with autumn blooms. See which perennials will create a firework display of fall colors year after year. BHG.com/FallFlowers

PUMPKIN SEED RECIPES

When it comes to pumpkins, it's what's inside that counts. Here are 17 yummy ways to prep the seeds. BHG.com/PumpkinSeed

EVERYTHING INNOVATION

Read about our Innovation Home on page 81, then learn more about bringing smart design into your home. BHG.com/Innovation2015



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verse. She created this one, left, just for us.

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Mix it up Fresh herbs add flavor to your centerpiece. Instead of typical filler, complete a handful of sunflowers with sage, rosemary, and dill. A low vessel, like a serving bowl, means guests have unobstructed views. BHG tureen, \$15.46; walmart.com

Look the part Uh-oh, it's the 31st and you still haven't decided on a costume. (Trust us, you're not alone). In a pinch, grab your cosmetics bag and launch the makeup app Perfect 365. Video tutorials show you how to paint a cool cat face, among other Halloween themes. Free for iOS and Android. perfect365.arcsoft.com

Branch out This family history month, check out wikitree.com. The online global ancestry project is collaborative and free. Add what you know, and see who shares your roots.

Get a clue Dinner-party whodunnits are easier than ever. For a spooky Saturday night go to nightofmystery.com. Pick your theme and e-vite friends-a printable PDF gives you all the info you need, including scripts and costume ideas. Prices start at \$45 for 8-12 guests.

Take a shot Try a different angle with this year's foliage pics—a vertical panorama. Choose the panoramic setting on your phone's camera, rotate to vertical position, and start to shoot from the ground up. Stand back from a gorgeous leafy tree and try it. Just follow the arrow!

Taste this Where there's smoke there's...a yummy new way to dress your desserts. Dust up apple cider doughnuts with Bourbon Smoked Sugar (\$11 for 10 oz.; bourbonbarrelfoods.com). Bake woodsy goodness into cookies with Smoked Chocolate Chips (\$15 for 7 oz.; getyourhotcakes.com).



now trending

Vases, \$72.50 for small, \$97.50 for large; shopcandelabra.com

Tray, \$71.99; allmodern.com

Ice bucket, \$48.99; wayfair.com

Clutch, \$75; lockwoodshop.com

Bangle, \$64; danielmichalik.com





Space out with astronaut Matt Damon, stranded alone on Mars after a cosmic superstorm. His mission: Grow food on an inhospitable planet and MacGyver himself a signal home. Your mission: Enjoy the stars (also including Jessica Chastain and Kristen Wiig) and the big-screen-worthy special effects. Out October 2.

connect + enjoy

Picture perfect

Did you hear the chorus of angels? That would be for Google Photos, the new storage service from Google that just might be the answer to photo management: It pulls digital images from all your gadgets into one accessible, organized photo cloud-free. Pics are auto-arranged by date and searchable by face, place, even activities (like last year's apple picking). Create an album, GIF, or photo collage, then share with friends via an e-link. google.com/photos

Child's play Or is it? Try your hand at the adult coloring-book trend. It promotes calm and creativity. Also, it's fun. Download our custom coloring sheets: BHG.com/ColoringSheets





shelf life **Mysteries**

Case closed on your next read: Check out a gripping new series, a riveting true crime from yesteryear, and the ghost of private eyes past.



Run You Down by Julia Dahl (\$25.99; Minotaur) A reporter digs into murder in a tight-lipped Hasidic community— leading back to her own



The Dead Duke, His Secret Wife, and the Missing Corpse by Piu Marie Eatwell (\$27.95; Liveright) True story of Victorian intrigue.



Black-Eyed Blonde by Benjamin Black (\$16; Picador) A crackling, hard-boiled good time, by way of Philip Marlowe.

PHOTOS: (COLORING SHEETS) ANDY LYONS, (CORK ITEMS) MARTY BALDWIN



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the brew

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MASTERPIECE THEATER The lush decor inside the Oriental is just one facet of the triplex. Live pipe organ music precedes the 7 o'clock movies on Friday and Saturday nights, and the theater regularly beams in performances from London's Royal Opera House and National Theatre. This fall: Hamlet! landmarktheatres.com

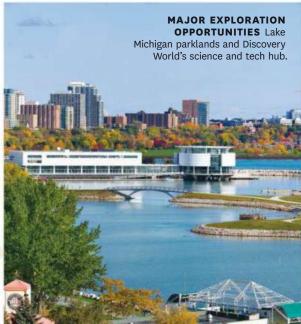
TASTEMAKERS We love when foodies add a twist to the traditional: Cafe Benelux updates a classic fish fry by coating fillets in crushed potato chips, while Purple Door makes beer ice cream from a locally brewed dark stout. cafebenelux.com, purpledooricecream.com

FULL SERVICE Everyone's welcome at Dryhootch coffeehouse, but the nonprofit caters to veterans, soldiers, and their families affected by war. Founded by a local Vietnam vet, the concept café has several Midwestern outposts serving java with a side of comfort, community, and resources. dryhootch.org

ONE-STOP SHOP Clever integration at Milwaukee Public Market: Indulge in the many delicacies on site, then take one of the most popular cooking classes, Express Detox 101. milwaukeepublicmarket.org

SPIN CYCLE Crowdsourcing since long before the word was invented, WMSE is a communitysupported public radio station. Outsiders can listen to the eclectic tunes of hip-hop, reggae, swing, and more from volunteer DJs by livestreaming from the site. wmse.org

TABLE GAMES For the why-didn't-they-think-of-thissooner? files: In a chic, gallery-like space, Evolution combines comfort food, libations, and ping-pong. And yes, they do weddings. evolutionmke.com ■

























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L'ORÉAL MAKEUP DESIGNER/PARIS



tina turnbow

Celebrity makeup artist, natural beauty expert, writer, and photographer in New York City

BY ELLEN MILLER

HER STORY As an artistic 20-something, Tina was obsessed with sketching faces. She took her colorful drawings to a modeling agency in Chicago, which took a chance on her as a makeup artist. Later, she moved to Manhattan and built a following among A-listers like Keri Russell, Mary-Louise Parker, and Debra Messing for photo shoots and red carpets.

HER STYLE "Comfortable with a little edge. I'm on my feet for up to 12 hours on shoot days, but I always find a way to make jeans and flats cool—vintage concert Ts, spiky jewelry, leather jackets."

FACE TIME "I believe in using natural products wherever possible. Right now my clients and I are dying over Arcona Triad Pads for cleansing and toning—they have this fresh cranberry smell that's insane. For foundation I love Tarte Amazonian Clay 12-Hour Full Coverage Foundation." \$35; arcona.com. \$39; tartecosmetics.com.

EYE DO "Lots of women pick bright lipstick as their statement, which can be great. But I prefer to play up the eyes. I go for blues, greens, purples, teals. As long as you keep blending, anything goes." Try: Nars Eyeshadow in Daphne, Outremer, and Tropic, \$25 each; narscosmetics.com.

"Practical, sure, but the navy version is chic!" \$48; toms.com "I get ideas for color from nature: flowers, birds—even insects."

FRIEND ZONE

Tina and longtime client Keri Russell with that signature smoky eye.



"I get to try it all, so I use this end-ofthe bed trunk to stash all the beauty goodies away." \$149; cb2.com

HAVE A BALL

"You have to smell great when you are inches from people all day this rose scent smells like the real thing." \$12; pacificabeauty.com





STYLE SPOTTERS

Learn more about Tina's top skin and makeup picks. BHG.com/Tina



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of more than \$1,500. To enter,





The fix: Banish dry, tight skin by ditching your harsh, super sudsy soap, cleanser, or body wash. For your face, go for a nonfoaming, cleanser like Cetaphil Gentle Skin Cleanser, \$13.99; cetaphil.com. If it's your body that's bugging you, clean up with a moisturizing body wash or nonsoap bar like CeraVe Hydrating Cleanser Bar, \$6.99; drugstore.com. End with a fragrance-free face cream or body lotion.



The fix: If skin is burning or stinging, it's time to back off—big time. You don't have to forsake anti-agers forever (phew!), but switch to a wrinkle-fighter specifically formulated for sensitive skin like Neutrogena Healthy Skin Anti-wrinkle Cream Night, \$14.99; neutrogena.com. And limit exfoliation to once a week with an ultra-gentle skin slougher—no scrubs! The Foreo Luna (use it with your cleanser) gently removes cells with soft, silicone bristles, \$199; foreo.com.



The fix: Rosacea is a bummer, so your best bet is to see a doctor. "She can steer you toward lasers, topical antibiotics, and some simple lifestyle changes that can make your skin look lots better," Baumann says. In the meantime, make sure you're using simple, fragrance-free products to avoid flare-ups, and add a serum or cream with argan oil or niacinamide—both ingredients can help calm redness. Try Acure Moroccan Argan Oil, \$23.99; acureorganics.com; or Nia 24 Intensive Recovery Complex, \$118; nia24.com.



The fix: To treat an allergic reaction, soak a washcloth in equal parts cool water and milk and let it sit on skin for five minutes. For itching, apply an over-the-counter hydrocortisone cream for up to five days. (A great one is Aveeno Active Naturals Anti-Itch Cream, \$4.99; target.com.) If skin is still inflamed, see your doctor. To help ferret out which product caused the problem, pare down your regimen to nothing but a gentle fragrance-free cleanser and moisturizer, and then add back your favorite products one at a time every two weeks. (Once you've identified the culprit, toss it and avoid similar products in the future.) If you can't figure it out, stick to a simple, fragrance-free regimen.



Cushion compacts, the latest innovation in foundation, can help camouflage flushed skin on the go. Their silky formulas go on incredibly smoothly. Try: Laneige BB Cushion Compact, \$34; target.com.





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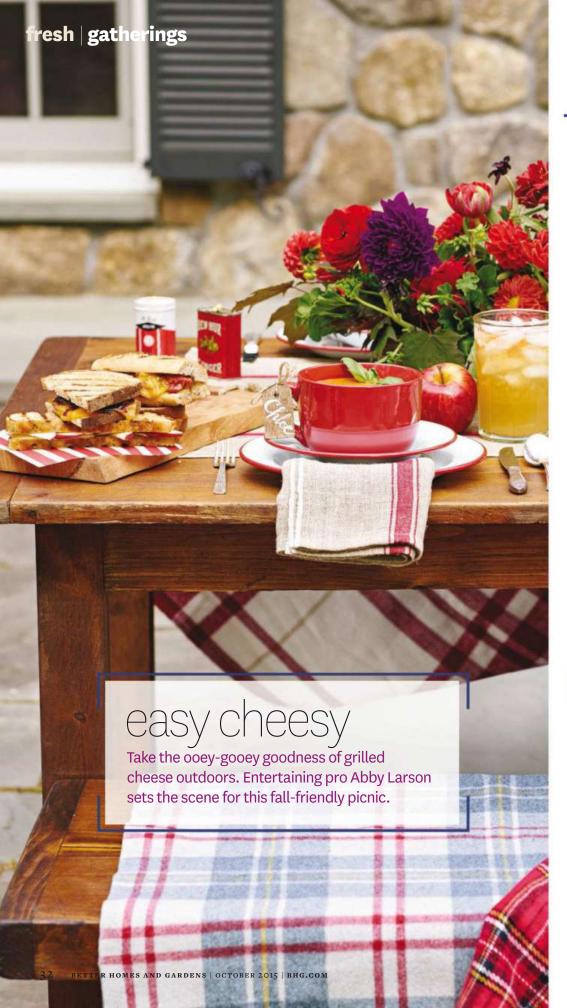
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THE EXCUSE

Fall comfort-food cravings have hit, so indulge them while enjoying October's glorious temps and colors.

THE LOOK

Cozy, casual, and a little cabiny. Plaid blankets and tin plates welcome!

THE DISH

Grilled cheese sandwiches—hot off the grill—and their sidekick, tomato soup.

THE DRINK

Grand Autumn, a crisp and gingery whiskey-base cocktail.



THE HOSTESS

Abby Larson,
Boston-area
founder/editor of
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Living and mom
who loves classic
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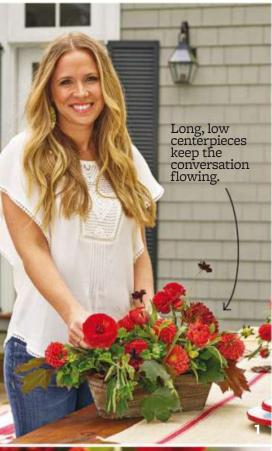
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THE DETAILS

- 1 Abby ran with a red color scheme, drawing inspiration from the menu (thanks, tomato soup). Fresh flowers are her fave centerpiece; she prefers monochromatic arrangements for simplicity and impact. "They can elevate your table to a place that feels really special," she says.
- 2 Wooden tags give rustic appeal to place settings. Tie them with twine onto soup mugs.
- **3** DIY candles in vintage tins add homespun ambience. "My thing with entertaining is formal traditions made casual," Abby says.
- 4 "It's very light—like a complex ginger ale," Abby says of Grand Autumn cocktail. It's also easy: Shake rye whiskey, St. Germain, and lime juice. Strain over ice. Top with ginger beer and Angostura bitters.

FREE PARTY KIT
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GRILLED CHEESE WITH A TWIST

Artisan breads and unexpected add-ins elevate the classic sandwich. The key, Abby says, is to grill over low heat—either directly on the grate or indirectly in a cast-iron skillet. If the bread is browning too fast, move the sandwich to the top rack or wrap it in foil.

white + black pepper + roasted + baguette cheddar						
gouda + blackberry + blackberries + Texas toast						
fontina + honey + sliced apples + rosemary asiago focaccia						
cheddar + red pepper jelly + potato bread ■						

For complete buying information: BHG.com/Resources







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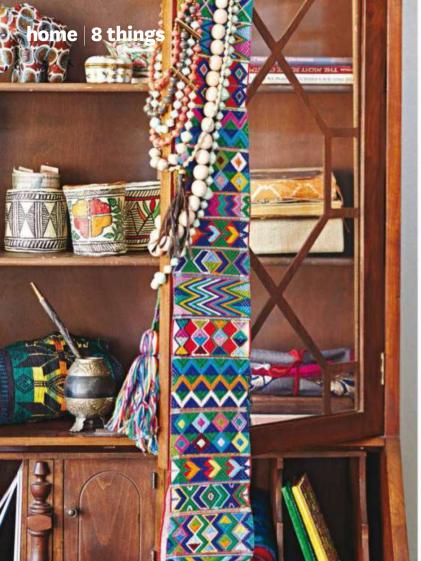
THE ANTIQUE GLOBE SITTING on a shelf in Jessica and Joe Honegger's

Austin living room is more than a display piece. It's a way to keep track of Mom. As founder of Noonday Collection (noondaycollection.com), a venture to empower impoverished people, Jessica travels to developing countries to meet the artisans whose handmade jewelry and accessories her company sells. If Joe and kids Amelie, 9, Holden, 7, and Jack, 6 (who was adopted from Rwanda), can't come along, Jessica gives the globe a spin to point out where she's headed. Her nomadic life and a passion for helping the poor—which grew out of a mission trip to Kenya when she was 15—have allowed Jessica to forge a home filled with warmth and personality. Ethnic textiles brighten neutral rooms, painted pottery and sculptures fill cabinets, and a blanket the kids love to cuddle under is a happy reminder of the Guatemalan maker who's now a friend. "It's like surrounding ourselves with our family from around the world," Jessica says.









"Filling my home with things that **HAVE A STORY** gives me a connection to the bigger world."

Jessica Honegger



5 MULTITASKING FURNITURE

A cabinet door remains permanently ajar to display handcrafted jewelry, above, from Jessica's business, Noonday Collection. Jessica uses the piece—a tall secretary desk with shelves for collectibles—as her dressing table.

6 HIGH INTEREST
Swapping out
a ceiling fan for
a pendant with a
Moroccan vibe adds
interest and suits the
eclectic style of the
master suite, right.

7 MODERN FUNCTION

Avid entertainers, the Honeggers carved out a seating area in a corner of the living room, above right. A marble-top buffet that has the collected look Jessica loves serves as the bar.

SENTIMENTAL

"We wanted a retreat that spoke to our own shared history," Jessica says. The framed textile above the bed, right, adorned the cake table at the couple's wedding.



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best of the best

From our BHG family of contributors comes Our Best Recipes of the Season, a collection of creative holiday cooking ideas. Here's a taste ...

Gesine Bullock-Prado's Marcona Almond Toffee

hands-on time 15 min. total time 1 hr., 5 min.

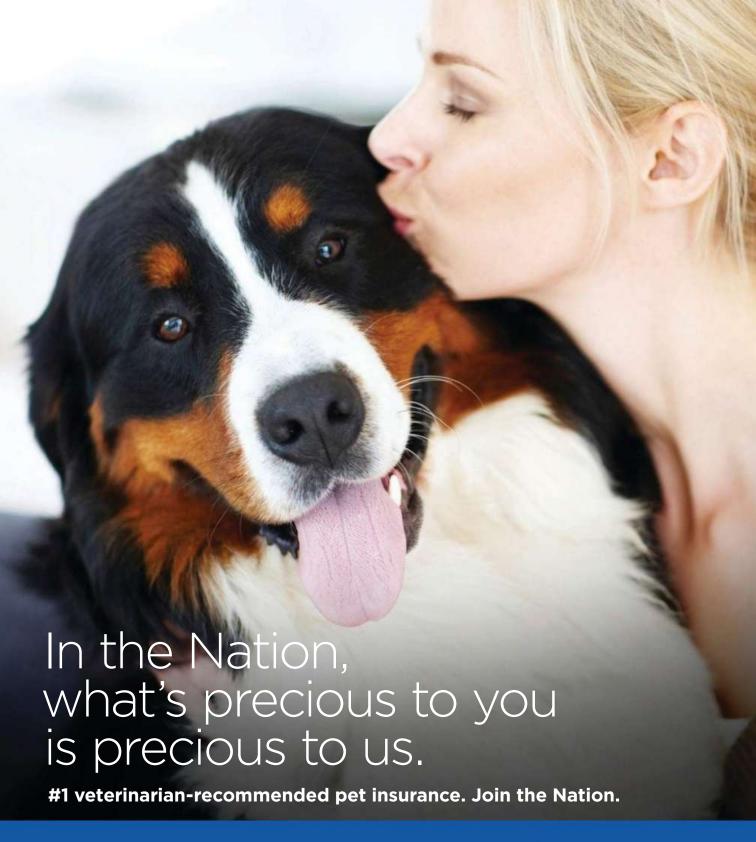
- 2 cups butter
- 2 cups sugar
- 1 tsp. salt
- 1 tsp. vanilla
- cup chopped white baking chocolate
- 1 tsp. shortening
- cup roasted and salted Marcona almonds
- 1. Line a 15×10-inch baking pan with foil; coat with nonstick cooking spray. Set aside.
- **2.** In a large saucepan combine butter, sugar, and salt. Stir over medium-high heat until sugar is completely melted and mixture boils. Clip a candy thermometer to pan. Continue stirring until mixture reaches 290°F, about 15 minutes. Remove. Stir in vanilla.
- **3.** Pour toffee into prepared pan, tipping pan to evenly spread. Let cool on a wire rack. In a small saucepan melt chocolate and shortening. Spread over toffee. Sprinkle with almonds. Chill at least 30 minutes. Break into pieces.

Makes 24 servings.

EACH 1-02. SERVING 276 cal, 24 g fat, 42 mg chol, 238 mg sodium, 22 g carb, 1 g fiber, 2 g pro.







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Nathan Turner

MEET NATHAN This Los Angeles designer has no limitations when it comes to using this smoky palette. "Make it a whole monochromatic moment, or break up the shades and add in some outside color," he says. "It can act as the perfect neutral backdrop."

spice it up Try bold amber on doors and trim for an unexpected take. "Everyone goes basic when it comes to door colors, so I think you could use the warm amber as a fun surprise moment that isn't too outrageous," Nathan says.

color MIX "Right off
the bat, I think of a deep
forest green when adding
a companion accent shade
to this palette," Nathan
says. "Try going bold
with a deep green velvet
sofa in the living room. If
you're looking to really
heat up the room, mix
in a rusty orange-red
shade in the same amber
family but with a bit
more depth."



These all-natural crystal candleholders are full of shimmer. Citrine Tealight Holder, \$59; vivaterra.com



A platinum and gold tray dazzles when on display. Firenze Medici Hostess Tray, \$88; juliska.com



Pretty pattern and a mix of neutrals bring life to a beige couch. Safavieh Thea Pillows, \$64 for two; overstock.com ■



Tobe a pair of jeans. Recycle me."









home | style 1-2-3

GET THE LOOK



TRAY Wine tray + luggage rack = unique tray table. Wine Steward Round Tray, \$129; napastyle.com. Bamboo Rattan Luggage Rack, \$59.99; bedbathandbeyond.com.



TERRARIUM This geometric design brings a touch of mod to a cozy space. Peak Glass Terrarium, \$79.95; cb2.com.



CHAIR Nailhead trim and sleek lines jazz up this traditional chair. Colton Chair with Individual Nailhead Trim in Blue, \$299.99; bedbathandbeyond.com.

SWITCH IT UP



TABLE A modern shape and zing of color personalize your nook. Sauder Soft Modern Tray Table, \$37.45; wayfair.com.



TERRARIUM Try a succulent or air plant in this pill-shape planter. Dome Terrarium, \$99.99; dotandbo.com.



CHAIR Sit back and relax in this midcentury mod chair. Finn Armchair in Nubby Weave Snow, \$899; westelm.com.



TABLE Select a rustic tray table to show off your indoor garden. A&B Home Rectangular Folding Table, \$134.99; wayfair.com.



TERRARIUM A natural planter creates an ecosystem for plants. Torre and Tagus Kiefer Terrarium Planter, \$81; amazon.com.



CHAIR This chair is the best of both worlds: classic and comfy. Spencer Chair in Canvas Sky, from \$899; ballarddesigns.com.



DIYALERT! Make it

Turn a leaf or frond from your yard or a local florist into beautiful botanical art in just a few easy steps. (Baptisia leaves and ferns are particularly pretty in this project.) Place a large piece of foliage between two pieces of waxed paper; stack a few books on top. Let rest about 4 hours. Remove books and waxed paper, then use spray-mount adhesive to adhere the back of pressed plant to a piece of acid-free cardstock sized for a picture frame. Seal the front of the artwork with Mod Podge, if desired, and let dry completely before framing. Watch how to make it: BHG.com/BotanicalArt



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Torch Black RL1576
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White RL1200
(Ralph Lauren Paint;
homedepot.com)

taupe + dark green

THE PALETTE A cool tan teamed with two dark and moody hues: an almost-black green and its metallic twin.

WHY IT WORKS This deepest of dark greens is a sophisticated alternative to the usual black on furniture. Inside the cabinet, deep silver-green metallic paint is a shiny surprise. The taupe on the wall has enough presence to stand up to the cabinet and to the room's abundant natural light. A lighter wall color would have created more contrast—and a less soothing look.

GOOD TO KNOW Shifting the paint sheens creates extra interest on a piece of furniture. Semigloss gives the cabinet luster in strategic places, such as the crown molding and knobs. The same trick works on walls and trim; use the glossier sheen on crown molding to make it stand out.

NEED MORE CHOICES?

See six more neutral palettes from Ralph Lauren Paint. BHG.com/Palettes





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My lifestyle gave me wrinkles

iana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

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meijer



blue + gray

THE PALETTE Two shades of gray-blue—one light and wispy, the other bold—paired with a versatile gray that could be mistaken for a putty color.

WHY IT WORKS Blue is a natural neutral—think sky and sea. Also think fog. These blues have gray undertones, so they look chic, not juvenile. The warm gray of the bed bridges the light walls and the more intense blue on the bedside table.

GOOD TO KNOW To get a blue that's not baby, you need to go more gray than you think. Put several blue paint chips against a gray one; you'll be able to tell which ones veer gray.

WALLS Bespoke RL1084
TRIM Cove Point RL1063
BED Gray Coat RL1133
TABLE Napoleon RL1836
(Ralph Lauren Paint;
homedepot.com)





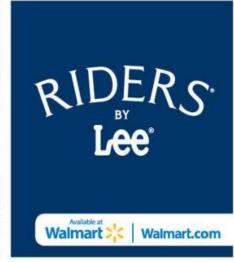






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Not quite ready for **COLOR IN YOUR BOOKCASE?** Go a few shades darker than the walls for a no-fail neutral pop.





EXTERIOR, SHELVES Dovecote RL1199 TRIM Duck Grev RL1205 CABINET INTERIOR. **TOPS OF SHELVES** Soft Ocher RL1390 (Ralph Lauren Paint; homedepot.com)

greige + yellow

THE PALETTE Greige—a neutral that blends the warmth of beige with the sophistication of gray—and muted yellow.

WHY IT WORKS Two shades and two sheens of greige give the room depth. We used lighter and shinier on the trim and cabinetry, darker and flatter on the walls. They work together because they share the same tonal value. (How do you know? Look at them together. If no one color jumps out, you're there.) The grayed-back yellow adds energy with no loss of elegance—something a sunny yellow couldn't have done.

GOOD TO KNOW Try greige where you might be inclined to use white or cream. It's just as versatile and has an organic feel that suits any surroundings. ■

For complete buying information: BHG.com/Resources

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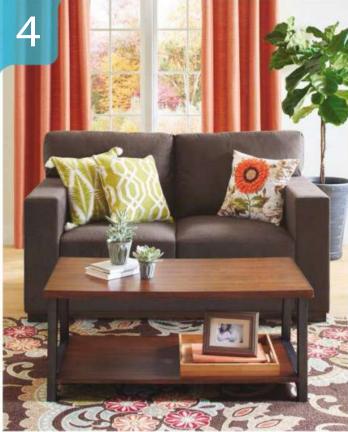
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What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

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Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.





Brief Summary
of Important
Risk Information
NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

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NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

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- Liver, kidney, or bladder problems

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What are the possible side effects of NAMENDA XR?

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Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
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This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605. Please also see full Prescribing Information at www.namendaxr.com.

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FEAST FOR THE EYES

Short days and cool nights bring out the most vibrant colors in ornamental kale. The sparkle of frost adds to its natural beauty.

kale or cabbage?

Ornamental kale is in the Brassica family, which also includes cabbage, broccoli, cauliflower, and Brussels sprouts. Technically, all headless cabbages are kales, but in practice, plants with curly, frilly, or ruffled leaves are considered ornamental kale, and plants with broad, smooth leaves are called ornamental cabbage.

kale culture

WHEN TO PLANT The easiest approach is to buy full-size plants when they appear in garden centers. You don't want to plant while the weather is too warm because kale will bolt, but growth slows dramatically after September, so full-size plants will have greater impact. More unusual varieties can be grown from seed; keep seedlings in a cool, protected spot until temps dip.

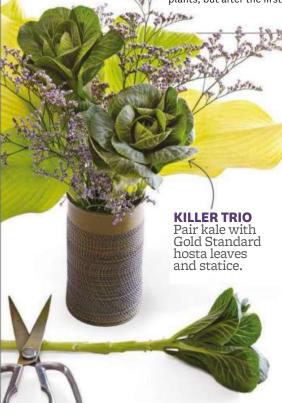
WHERE TO PLANT Kale prefers full sun but will tolerate shade, especially in the South. Well-drained soil is essential. In the garden, amend soil with organic matter; in containers, use an all-purpose potting soil. Water only when soil dries out, and don't fertilize.

LASTING COLOR Bright pigments are triggered by temperatures below 60°F. From that point, it takes three to four weeks for plants to reach peak color. Kale retains its good looks in temperatures as low as 10°F.

PESTS Cabbageworms, cutworms, and flea beetles can damage young plants, but after the first frost these pests rarely cause any damage.



Kales add instant fall interest next to like-colored coleus, heuchera, and fountaingrass.



bouquets

KALE FLORETS

Remove a kale plant's lower leaves, and it looks surprisingly like an old-fashioned cabbage rose. Sold at florist shops in fall, these long-stemmed florets are popular for autumn wedding bouquets. Put cut stems in water immediately and refrigerate at least two hours before arranging. Florets will last a week or more in water freshened daily.

bitter truth

CAN YOU EAT IT? Ornamental kale is edible, but some varieties have a sour flavor. The most colorful ones are best used as garnishes. For kale that tastes as good as it looks, plant dual-purpose varieties such as Red or White Russian, Siberian, Redbor, Winterbor, Tuscan, and Blue Curled Scotch. Our favorite way to enjoy the tasty varieties? The Kale Caesar Salad on *page 119*.

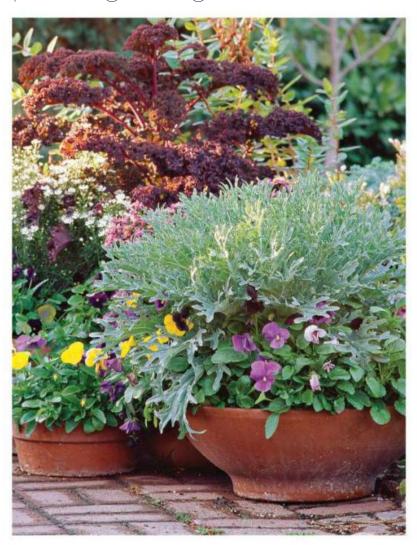
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Give summer annuals a rest and let **cool kale combos** perk up planters right through fall.



cool companions

One kale plant is all it takes to refresh a tired container. Or start from scratch and partner kale with fall bloomers such as pansies, mums, asters, and sedums. The silvery foliage of Red Russian kale, *above*, pairs well with purple pansies. In the background, Redbor adds height and contrast. In Zones 6–8, you can overwinter plants in a large container and extend their show into the cool early spring. (Water occasionally to keep soil moist.) When plants bolt after warm weather returns, discard them and replace with spring annuals.

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BURIED TREASURE

Now's the time to plant for next spring's bulb show. Proper depth is the secret to success.

Crocus

Bloom time: early spring Planting depth: 3 inches No. of bulbs/sq. ft.: 8–12 Zones 3–8

Muscari

Bloom time: early to mid spring **Planting depth:** 4 inches **No. of bulbs/sq. ft.:** 14–18 Zones 4–9

Tulip

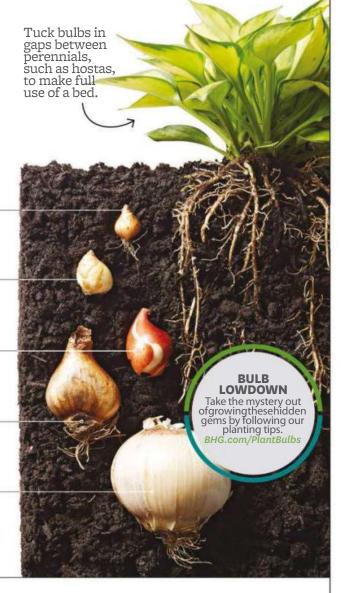
Bloom time: spring Planting depth: 6 inches No. of bulbs/sq. ft.: 5 Zones 3–8

Daffodil

Bloom time: early to mid spring **Planting depth:** 6 inches **No. of bulbs/sq. ft.:** 5 (10 for minis) Zones 3–8

Giant allium

Bloom time: late spring Planting depth: 6–9 inches No. of bulbs/sq. ft.: 1–2 Zones 3–8



3-SEASON **SHRUBS**

These natives bloom in summer and finish the year in high color. More: BHG.com/FallPlants



BOTTLEBRUSH BUCKEYE

Tall white candle-like flowers are followed by giant yellow leaves in fall. Zones 5–9



FOTHERGILLA

We'd grow this whiteflowering shrub just for spring—but then comes its big surprise of orange in autumn. Zones 5–8



VIRGINIA SWEETSPIRE

Dangling spires of white blossoms cover this small shrub before colder temps bring a flash of red. Zones 6–9



JANE MILLER Senior Associate Garden Editor

TO-DO LIST Get month-by-month garden tips specifically geared for your region. BHG.com/RegionalTips

Harvest pumpkins when the skin is firm and stems are shriveled and brown. Cut the stem long and cure in a warm, dark, well-ventilated place for a week or so before displaying.

Recycle leaves by shredding and bagging them with a lawn mower and spreading them on perennial beds.

Pick green tomatoes before frost and wrap individually in newsprint. Store in a dark, dry spot until ripe.

Dig up tender bulbs, such as dahlias and cannas, after frost has killed the foliage. Allow them to dry for a week, then cover with peat moss in a cardboard box. Winter in a garage that stays above freezing.



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FROM THE **BHG TEST GARDEN**

Just when we think our garden might fade in the frosty weather of late October—pow!—Empress Wu hosta turns a luminous yellow in the shade garden. At her side: an entourage of Heuchera Midnight Rose, Green Corsican hellebore, and Hakonechloa Aureola. Only a hard freeze will end this regal autumn display. ■

BETTER HOMES AND GARDENS | OCTOBER 2015 | BHG.COM

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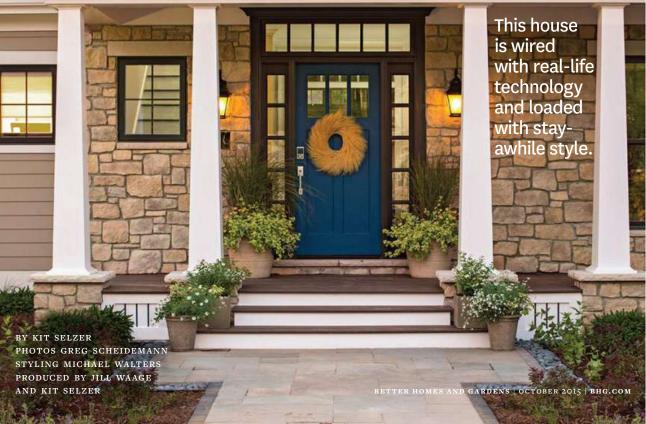


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HERE'S THE THING ABOUT THE HOME OF THE FUTURE:

The future keeps moving ahead. Tech for tech's sake is flashy, but it doesn't always relate. At *Better Homes and Gardens*® we believe that home innovation should solve reallife problems and make life better right now. We think it should focus on the people, not simply the systems, inside.

BHG worked with Lakeside Development Co. this year to build, furnish, and tech out our ideal 3,258-square-foot house in Mequon, Wisconsin. We focused on practical, meaningful features that can be added to any home, including window shades you set to raise and lower for energy efficiency and privacy, a mattress that tracks your sleeping patterns to help you make decisions about your daily activities, and a kitchen faucet you don't have to touch with messy hands.

Some products operate via a remote control or a smartphone and an app; several can be set up on one whole-house platform.

And because all the automated smarts in the world don't amount to much if you don't feel welcome and comfortable, this home proves that good looks and brains absolutely go together. Welcome to the home of today.











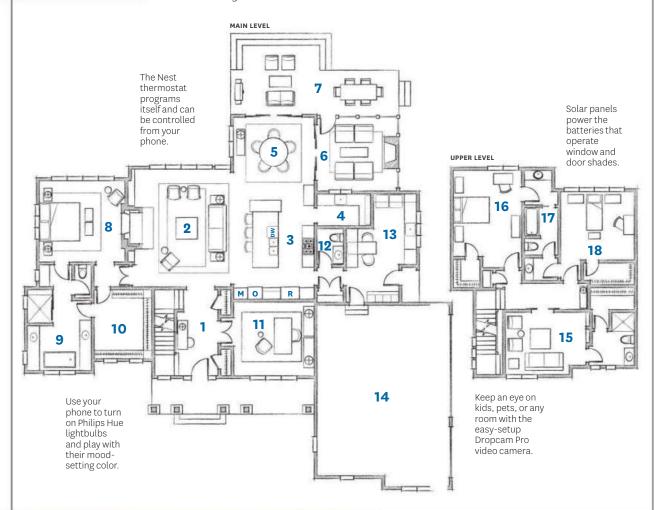






special section Our 2015 Innovation Home

innovative by design
Take a closer look at the home's smart features, fresh style, and cool ideas.





do a walk-through

1. FOYER

2. GREAT-ROOM

3. KITCHEN

4. BUTLER'S PANTRY

5. DINING ROOM

6. SCREEN PORCH

8. MASTER BEDROOM

9. MASTER BATH

10. MASTER CLOSET

11. OFFICE

12. POWDER ROOM

13. LAUNDRY ROOM

14. GARAGE

15. GUEST SUITE

16. BEDROOM #3

17. SHARED BATH

18. BEDROOM #4

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door score

Having just one way to open your front door is so old-school. Today's lesson: You want a lock that gives you flexibility and convenience.



The Schlage smart lock turns your smartphone into your house key. With this Bluetooth-enabled dead bolt, you can operate your lock remotely using an app. Or give someone a code for the keypad—and receive an alert when it's used.

double-hung windows, awning windows, and tall casements draws the landscape and natural daylight into the home," architect Todd Rabidoux says. Asphalt shingles with a wood-shake look from GAF inspired the charcoal color of the garage doors, above. Fiber cement siding with a smooth factory finish has a modern feel and is a clean backdrop for standingseam metal roof accents from McElroy Metal, above left.

"A balanced mix of

automation information



Wondering where to start the home tech trek? Take one of three basic paths.

TRY DIY

Use a smart product with its own app or buy a platform—such as Wink, above, Iris, Staples Connect, or Insteon—that lets you control multiple products. This off-the-shelf option is an affordable way to test your interest.

PAY MONTHLY
If security is your
main concern, use a
professionally
monitored service
that offers some
automation extras,
such as AT&T Digital
Life or Time
Warner Cable
IntelligentHome. You
buy the equipment,
then pay monthly.

GO WITH A PRO

To sync your smart devices, security system, and home entertainment, hire a professional home automation company. A pro can help you choose the setup that best suits your needs, install it, and teach you how to use it. When planning tech for a newly constructed house, Adam Butlein of Techteriors, an AV company in Mequon, Wisconsin, suggests a budget of 4-14 percent of the home's purchase price.

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decorating lessons

INTERIOR DECORATOR
LAUREN LIESS, whose
book, Habitat: The
Field Guide to
Decorating (\$35;
Abrams), comes out in
October, shares twists
on traditional spaces
to cozy up even the
most high-tech home.

1. OFFICE Amp up a home office with creative furniture—like a desk that's really a dining table and a guest chair in a zingy color. Two bookcases provide storage and counter space.

2. UPSTAIRS HALLWAY Give a hallway extra design attention. Here

design attention. Here, the top of the stairs includes a console table and barn doors that dress up the guest suite doorway.

3. POWDER ROOM A

furniture-style vanity teams with an antique bamboo-frame mirror and a graphic wallpaper pattern.

4. TV WALL Good-bye, traditional built-ins. Floating shelves give the same usefulness with more style.

"A balance of old and new, organic and man-made, MODERN AND CLASSIC creates

excitement.

Lauren Liess, interior decorator

on the surface

More interest than a painted wall without the busyness of a pattern: Here's what gives the master bedroom that perfect touch.



"I love to use grass cloth because it instantly brings a natural feel to any room," Liess says. The one she chose comes in sky blue and—get this—49 other colors.

HE MAKES COUGNINGSES WISHTHEY WERE NEVER MADE.





These appliances from LG create a high-efficiency laundry room: A washer reduces wash time, and a heat pump dryer reuses the air it heats.

EVERYTHING INNOVATION

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BHG.com/InnoHub



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Enjoy a spa day at home. This touch screen lets you play music, sending sound waves through the bath water for a relaxing soak.



Seeing is retrieving: It's easy to pick the right pot from a drawer outfitted with a strip of energy-efficient LEDs that turn on when the drawer is opened.

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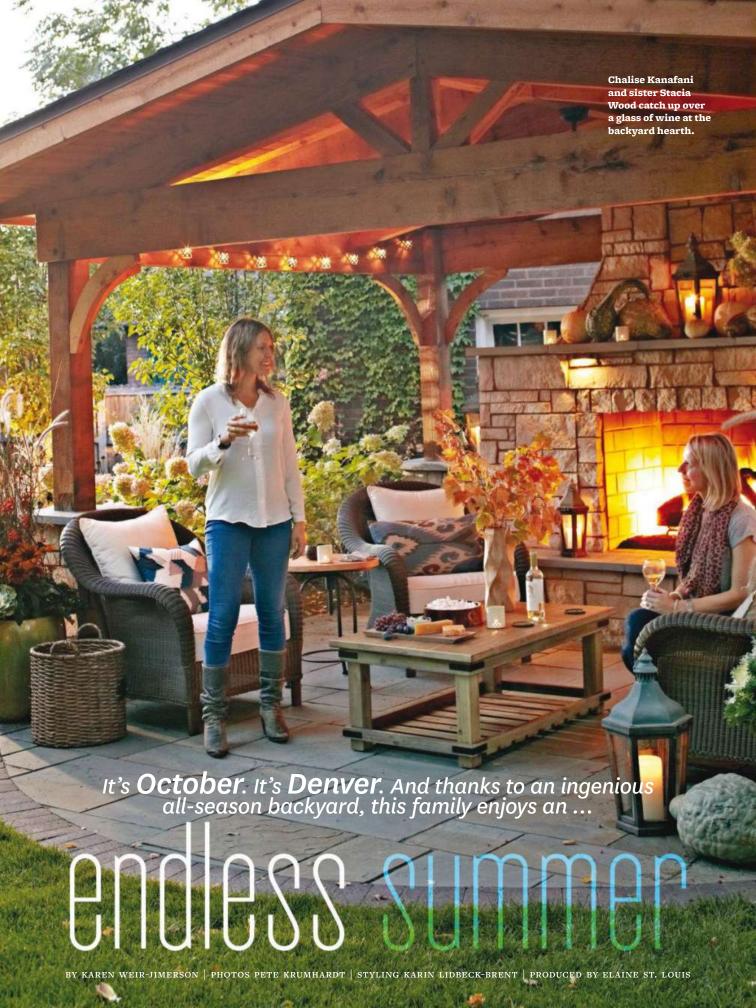
*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

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Food as it should be.







医克里斯氏 医二甲甲基苯 The outdoor table morphs from romantic dining area to kids' craft station. A pergola draped with sweet autumn clematis sweet autumn clematis provides privacy and blooms from August to October. Kale, Heuchera, Rudbeckia, and coleus create an autumnal patchwork in a pot nestled into a flowerbed of Heuchera, lady's mantle, and Japanese forestorass. **INSTANT IMPACT!** Add beauty to your garden with our 30 fall container designs. BHG.com/ FallContainer forestgrass. BETTER HOMES AND GARDENS | OCTOBER 2015 | BHG.COM

he Kanafani family can't get enough of the outdoors. "We live outside as much as possible," says Chalise, who—with her husband, Ghassan, and landscape designer Wendy Booth of Ivy Street Design—packed the yard with options for eating, playing, and lounging hearthside. Entertaining is a snap in this versatile space. Almost all their parties start in the dining area and end up by the big stone fireplace. The covered fireside seating area is the heart of the yard, with a front-row view of nature's show in all seasons. "I love being able to watch storms roll in, smell the air, feel the shifting temperature, and experience the cycle of plants through the seasons," Chalise says. "On cold nights, the entire hearth is filled with friends sitting close to the fire." There's no rush to go back indoors from a yard that makes you want to linger.







Once the kids are grown, Chalise plans to have two raised beds for veggies, but for now, one is a sandbox, above.

Karl Foerster grass and flowering shrubs form a visual screen around the basketball court, *left*.

A large pot filled with ornamental kale and black-eyed Susans, far left, will thrive well into fall.

"It's not always easy to connect to nature in an urban environment. Having a space that encourages us TILLY BE TILLY BE





Chalise changes mantel decor seasonally. In fall, gourds and pumpkins line the ledge, along with a voluminous bouquet of cut hydrangeas, *left*.
Lanterns and votives set the mood year-round.

Limelight hydrangeas flank the outdoor seating area, *above*, and soften any hard edges around the garden. "I wanted the plants to frame the whole property, kind of like hugging it in," Chalise says.



The brick path doubles as a tricycle track for 3-year-old Ford Kanafani, who races between basketball games and picnic suppers.

The basketball court measures just under a regulation half-court and has two hoops: kid-size for Ford and standard for his parents.



The fireplace seating area is designed to be both the focal point of the backyard and an almost year-round living room.

The dining area's dimensions cater to intimate family gatherings. The pergola forms a two-sided privacy screen. ■





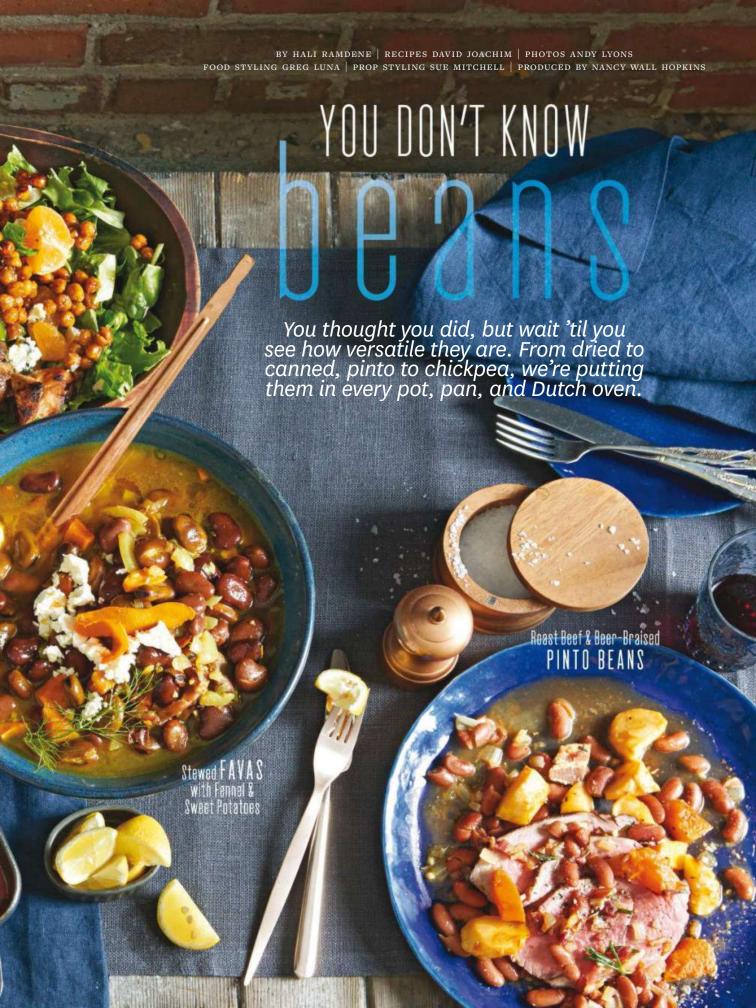


PAIR METALLIGS WITH fall naturals for the perfect push-pull mantel arrangement: Polished accents add instant elegance, while organic materials keep the glam in check. metallic touches and gold undertones, brighten fall's neutral browns and matte oranges. A shiny compote and copper wire basket corral and showcase harvest picks. Almost-bare oak branches make a striking arrangement in a pitcher topped with acornsall set against a vintage brass tray backdrop.











THE BASICS



VERSATILE, YOU SAY...

Most of these recipes have options for multiple beans and directions for cooking with canned or dried. The first bean listed is the crowdpleaser and—full disclosure—our favorite.

CANNED VERSUS DRY

If you're a purist, start with dried beans. The longer time in the cooking liquid infuses them with flavor and, for some, is worth the wait. Canned beans are the kings of convenience. Be sure to drain the liquid and give them a good rinse; the extra salt and starch can affect the overall texture of a dish, plus you want to get rid of any tinny taste.

WHAT'S A DONE BEAN?

Beans are fully cooked when they are easy to smash against the side of the pot or between two fingers. Stirring dried beans during cooking is the key to even doneness.

WHAT ABOUT PRESSURE COOKERS?

Most models, electric or stove top, will get you from dried to cooked in about 30 minutes. Add a drizzle of oil to avoid excess foam, and if the beans end up a bit undercooked, simmer until done. You'll get the best results if you're familiar with how your pressure cooker cooks.

ON SALT AND ACID

The consensus on adding acidic ingredients, like tomatoes, lemon juice, and vinegar, is clear: Hold off until beans are tender. Salt, on the other hand, is about preference. Some add salt to the soaking liquid or at the beginning of cooking. We err on the side of caution and use salt only after beans are tender to avoid extended cooking times and potentially tough beans.

Roast Beef & Beer-Braised Pinto Beans

HANDS-ON TIME 45 min. TOTAL TIME 2 hr., 40 min.

- ½ lb. dried pinto beans or small red beans
- 2 Tbsp. olive oil
- 1 1½-lb. beef top sirloin
- ½ tsp. dried thyme
- 1 lb. parsnips, peeled and chopped (2½ cups)
- 1 lb. butternut squash, peeled, seeded, and chopped $(2\frac{1}{2}\text{cups})$
- 6 oz. thick-sliced pancetta or bacon, chopped
- 1 medium onion, chopped (½ cup)
- 3 cloves garlic, minced
- 1 Tbsp. chopped fresh rosemary
- $\frac{3}{4}$ cup beer, such as wheat beer or amber ale
- 3/4 cup reduced-sodium chicken broth
- 1. Rinse beans. In a large pot combine beans and 4 cups water. Bring to boiling; reduce heat. Simmer, covered, 2 minutes. Remove from heat. Let stand 1 hour. (Or place beans and water in pan. Cover and let soak in refrigerator 8 hours or overnight.) Drain and rinse beans; return to pot. Add fresh water to cover by 1 inch. Cover; bring to boiling. Reduce heat. Cover; simmer 45 to 60 minutes or until beans are just tender, stirring occasionally. Drain.
- 2. Preheat oven to 500° F. Rub 1 Tbsp. of the oil over meat. Combine $1\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. pepper, and thyme; sprinkle 1 tsp. of the salt mixture over meat. Place parsnips and squash in a 13×9 -inch roasting pan. Add remaining oil and salt mixture; toss to coat. Place roast on vegetables. Roast 20 minutes.
- **3.** Meanwhile, in a 4-qt. Dutch oven cook pancetta over medium heat 8 minutes or until crisp. Transfer to paper towels to drain, reserving 1 Tbsp. drippings in the pot. Add onion; cook 4 minutes or until tender. Add drained beans, garlic, rosemary, beer, and broth. Stir in reserved pancetta. Bring to a simmer over high heat. Place uncovered pot in oven alongside roasting pan.
- **4.** Reduce oven to 300°F. Bake 20 to 30 minutes or until beans are tender and meat is done (135°F to 140°F).
- **5.** Cover; let stand 15 minutes. Remove roast and slice. Stir roasted vegetables into bean mixture; serve with meat. Makes 6 to 8 servings.

For canned beans Skip Step 1. Rinse and drain two 15-oz. cans pinto beans or small red beans. Add as directed in Step 3. EACH SERVING 576 cal, 27 g fat, 103 mg chol, 1,175 mg sodium, 44 g carb, 10 g fiber, 37 g pro.

Stewed Favas with Fennel & Sweet Potatoes

hands-on time 20 min. total time 2 hr.

- 1 lb. dried fava beans or kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped (1 cup)
- 1 small fennel bulb, trimmed, cored, and chopped
- 6 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. caraway seeds, crushed
- 1/4 tsp. ground turmeric
- 2 bay leaves

WIN OVEN-TO-TABLE POTS!

Enter the week of October 12–16 for a chance to win our favorite oven-to-table pots. Details on page 158. BHG.com/WinPots

- 2 lb. sweet potatoes, peeled and cut into ³/₄-inch pieces
- 3 cups reduced-sodium chicken broth or vegetable broth
- 1/4 cup butter, softened Zest of 1 orange
- 1/3 cup crumbled feta cheese

1. Rinse beans. In a 6- to 8- qt. Dutch oven combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer, covered, 2 minutes. Remove from heat. Let stand 1 hour. (Or place beans and water in pan. Cover and let soak in refrigerator 8 hours or overnight.) Drain and rinse beans; return to pot. Add fresh water to cover by 1 inch; bring to boiling. Reduce heat. Cover; simmer 45 to 50 minutes or until beans are just tender, stirring occasionally. Drain.

2. In the same Dutch oven heat oil over medium heat. Add onion and fennel; cook 6 minutes or until tender. Add garlic, cumin, coriander, caraway, turmeric, and bay leaves; cook 1 minute. Add drained beans, sweet potatoes, broth, and 1 tsp. salt; bring to a simmer over high heat. Reduce heat. Cover; simmer 12 to 15 minutes or until beans and sweet potatoes are tender. Remove bay leaves. Stir in butter and orange zest; toss to coat. Top with feta before serving. Makes 8 servings. For canned beans Skip Step 1. Rinse and drain three 15-oz. cans fava or kidney beans. Add as directed in Step 2. EACH SERVING 462 cal, 15 g fat, 21 mg chol, 694 mg sodium, 65 g carb, 0 g fiber, 20 g pro.

Turkey Farro Salad with Candied Chickpeas

hands-on time 1 hr. total time 3 hr., 20 min.

- 1 cup dried chickpeas (garbanzo beans)
- 1/4 cup packed brown sugar
- ½ cup olive oil
- 1 tsp. poultry seasoning
- 2 turkey tenderloins (1 lb. total)
- ½ cup uncooked farro
- 11/2 cups reduced-sodium chicken broth
- 3 Tbsp. sherry vinegar
- 1 6-oz. package mixed salad greens
- 2 romaine hearts, chopped (8 cups)
- 1 large Gala or Honeycrisp apple, thinly sliced
- 3 seedless clementines, peeled and cut up
- 2 Tbsp. dried cranberries
- 1 oz. high-quality blue cheese, crumbled (1/4 cup)

1. Rinse chickpeas. In a large saucepan or Dutch oven combine chickpeas and 4 cups water. Bring to boiling; reduce heat. Simmer, covered, 2 minutes. Let stand 1 hour. (Or place chickpeas and water in pan. Let soak in refrigerator 8 hours or overnight.) Drain and rinse beans; return to pan. Add fresh water to cover by 1 inch. Cover; bring to boiling. Reduce heat. Cover; simmer 1½ hours or until beans are very tender, stirring occasionally.

2. Preheat oven to 325°F. Drain and rinse beans; spread out on a kitchen towel to dry thoroughly. Line a shallow baking pan with parchment; spread beans in a single layer in pan. Sprinkle with brown sugar, 1 Tbsp. of the olive oil, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper, stirring to coat. Roast 50 minutes or until amber, stirring occasionally. Remove and cool in pan.

3. Sprinkle poultry seasoning and $\frac{1}{2}$ tsp. *salt* over turkey. Heat a large nonstick skillet over medium-high heat. Add 1 Tbsp. of the olive oil and turkey. Cook 30 to 35 minutes or until done (165°F), turning to brown evenly.

4. Meanwhile, in a medium saucepan over mediumhigh heat, bring farro and broth to boiling. Reduce heat. Cover; simmer 30 minutes or until tender but chewy. Drain off any liquid; cool.

5. Place vinegar in a large bowl. Whisk in remaining 6 Tbsp. olive oil in a thin, steady stream until blended. Whisk in ½ tsp. *salt* and ¼ tsp. *pepper*. Transfer turkey to dressing in bowl; toss to coat. Cool 5 minutes. Transfer turkey to a cutting board and slice, reserving dressing.

6. Add greens and apple to dressing; toss to coat. Transfer to a large serving bowl. Arrange turkey, farro, and chickpeas over greens. Top with clementines, cranberries, and cheese. Makes 8 to 10 servings.

For canned beans Skip Step 1. Rinse and drain two 15-oz. can chickpeas; dry as directed in Step 2.

EACH SERVING 407 cal, 17 g fat, 28 mg chol, 642 mg sodium, 42 g carb, 6 g fiber, 23 g pro.

Chicken & Sausage White Bean Pot

HANDS-ON TIME 1 hr. TOTAL TIME 3 hr., 30 min.

- 1 lb. (2½ cups) dried navy, cannellini, great Northern, or flageolet beans
- 6 oz. thick-sliced bacon or pancetta, chopped
- 12 oz. Andouille sausage
- 2 lb. bone-in chicken thighs and/or drumsticks (about 6)
- 2 large onions, chopped (2 cups)
- 3 carrots, peeled and chopped (1½ cups)
- 3 stalks celery, chopped (1½ cups)
- 3 cloves garlic, minced
- 8 cups reduced-sodium chicken broth
- 3 Tbsp. tomato paste
- 8 sprigs flat-leaf parsley and/or thyme
- 2 bay leaves
- 1/4 cup panko bread crumbs
- 1 Tbsp. butter, melted
- 1. Rinse beans. In an 8-qt. Dutch oven combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer, covered, 2 minutes. Remove from heat. Let stand 1 hour. (Or place beans and water in a large pot; cover and let soak in refrigerator 8 hours or overnight.) Drain and rinse.
- 2. In Dutch oven cook bacon over medium heat 8 minutes or until crisp. Using a slotted spoon, transfer to a large bowl. Add sausage to pot; cook 6 minutes or until browned, turning occasionally. Transfer to bowl with bacon. Sprinkle chicken all over with $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ tsp. pepper and add to pot; cook 8 minutes over mediumhigh heat until well-browned all over. Transfer to bowl with bacon and sausage; set aside in refrigerator. 3. Add onions, carrots, and celery to pot; cook 8 minutes. Add garlic; cook 1 minute. Stir in drained beans, broth, tomato paste, herbs, and bay leaves. Bring to a simmer over high heat. Reduce heat. Simmer, uncovered, 40 to 45 minutes or until beans are almost tender, stirring occasionally. 4. Preheat oven to 350°F. Cut sausage into 1-inch pieces; add to bean mixture with pancetta. Place chicken on top of bean mixture so skin is exposed. Bake, uncovered, 1 hour.

5. In a small bowl combine bread

crumbs and butter; scatter over bean mixture. Bake 20 minutes until bread crumbs are crisp. Remove herbs before serving. Top with *chopped parsley*. Makes 10 servings.

For canned beans: Skip Step 1. Rinse and drain four 15-oz. cans navy, cannellini, or great Northern beans. Stir beans into pot in Step 4 before adding cooked meats to mixture.

EACH SERVING 486 cal, 24 g fat, 92 mg chol, 1092 mg sodium, 37 g carb, 9 g fiber, 30 g pro.

Spanish-Style Gigante Beans

HANDS-ON TIME 30 min. TOTAL TIME 2 hr., 50 min.

- lb. dried gigante or large butter beans (lima beans)
- 1/4 cup olive oil
- 1 medium onion, finely chopped (½cup)
- 8 cloves garlic, minced
- 2 pints grape tomatoes
- 1 cup roasted sweet peppers, chopped
- 2 tsp. smoked paprika
- 1/4 tsp. saffron threads, crushed
- 2 bay leaves
- 1 cup minced flat-leaf parsley
- ¹/₂ cup marcona almonds or roasted salted almonds, chopped

1. Rinse beans. In a 4-qt. Dutch oven combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer, covered, 2 minutes. Remove from heat. Let stand 1 hour. (Or place beans and water in a large pot. Cover and let soak in refrigerator 8 hours or overnight.) Drain beans and rinse. Return to pot. Add fresh water to cover by 1 inch. Cover; bring to boiling. Reduce heat to low. Simmer, covered, 45 minutes or until beans are tender, stirring occasionally. Drain, reserving 2 cups cooking liquid. 2. Preheat oven to 350°F. Heat 2 Tbsp. of the oil in same pot over medium heat. Add onion; cook 4 minutes. Add 6 cloves of the garlic, tomatoes, peppers, paprika, saffron, and bay leaves. Bring to a simmer. Reduce heat to medium-low. Simmer, uncovered, 15 minutes or until tomatoes break down. Stir in beans, reserved liquid, and 2 tsp. salt. Bring to boiling. Bake, uncovered, 45 minutes. Remove bay leaves. 3. In a small bowl combine remaining 2 Tbsp. olive oil, remaining 2 cloves

garlic, parsley, and a pinch of *salt*. Mash with a spoon. Spoon over beans. Top with almonds. Makes 8 servings. For canned beans: Skip Step 1. Rinse and drain four 16-oz. cans gigante or butter beans. Add as directed in Step 2. Use 2 cups water for cooking liquid. EACH SERVING 283 cal, 16 g fat, 0 mg chol, 898 mg sodium, 28 g carb, 8 g fiber, 10 g pro.

BEAN SPOTLIGHT French in origin, these beans are prized for their light flavor and creamy texture. Lima Beans The silky texture of this variety has earned them the name butter beans. They are neutral enough in flavor to play second fiddle in most dishes. Chickpeas These Mediterranean favorites (aka garbanzos) have a firm texture that makes them a pantry staple and the main ingredient in falafel and hummus. Fava Beans Broad beans, as they're called in the UK, are known for their meaty texture and nutty taste. Lemon juice brings out the best of their distinct flavor. Kidney Beans These sturdy, versatile beans can stand up to the strong flavors of chill and stews and remain intact even after a

long simmer.



MON

Rain-or Shine Pulled Pork and Pimento Cheese



TUES

Hot and Sweet Cubano Sandwich



WEDNESDAY

Smoky Hot Chops with Cool Cucumber-Tomato Salad

Flavor front coming through

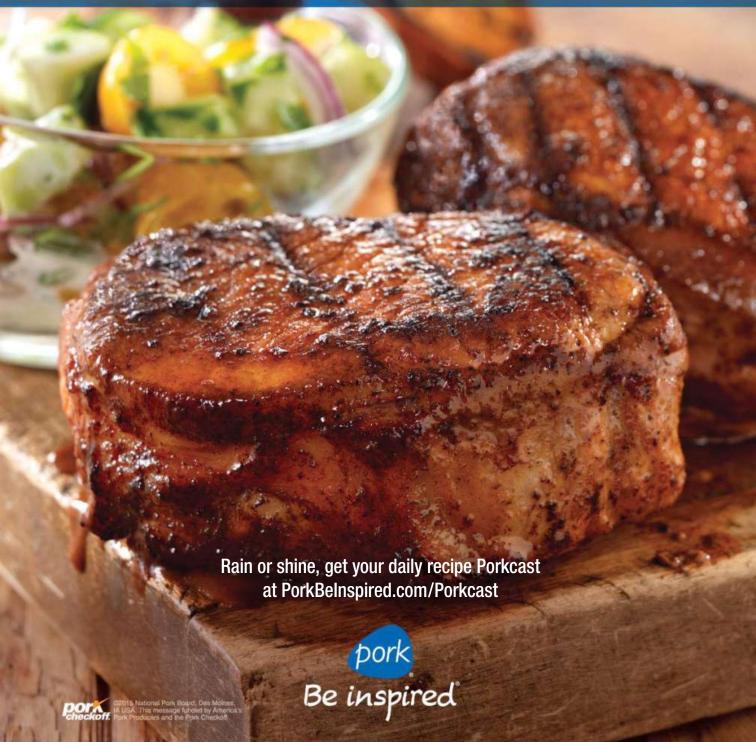


THURS



FRI







kale, caesar! Still haven't jumped on the kale bandwagon? We've perfected everyone's favorite salad and turned it into an instant classic. BY MAGGIE GLISAN | PHOTOS ANDY LYONS FOOD STYLING GREG LUNA BETTER HOMES AND GARDENS | OCTOBER 2015 | BHG.COM

food | home-cooking

Kale Caesar Salad

Classic Caesars call for raw egg yolks, which make the dressing lush and creamy. If you're concerned about safety, hard-cook the eggs first. Bonus: Sprinkle the chopped egg whites at the end for an extra protein punch.

HANDS-ON TIME 25 min. TOTAL TIME 45 min.

- 8 cloves garlic, peeled
- 3/4 cup extra-virgin olive oil
- 6 oz. ciabatta bread, cut or torn into 1-inch pieces (4 cups)
- 6 anchovy fillets
- 1/4 cup lemon juice
- 1 Tbsp. Dijon-style mustard
- 2 hard-cooked eggs, yolks and whites separated
- 3 bunches Tuscan kale (also called dinosaur, black, or Lacinato kale), stems removed and leaves thinly sliced (about 18 cups)
- ¹⁄₃ cup freshly grated Parmigiano-Reggiano
- 1. Preheat oven to 300°F. For croutons, mince 2 of the garlic cloves. In a medium saucepan warm $\frac{1}{4}$ cup of the oil and the minced garlic over low heat; remove. Add bread pieces. Sprinkle with $\frac{1}{4}$ tsp. salt. Stir to coat. Spread bread pieces in a single layer on a shallow baking pan. Bake 20 minutes or until crisp and golden brown, stirring once. Cool completely. Store in an airtight container at room temperature up to 24 hours.
- 2. Meanwhile, for dressing, in a blender combine the remaining garlic and oil, anchovy fillets, lemon juice, mustard, and egg yolks. Blend until smooth. Season to taste with *salt* and *pepper*. (Dressing can be chilled up to 24 hours; let stand at room temperature 30 minutes before using.)
- 3. Place kale in a very large bowl; add dressing. Using your hands, work dressing into kale. Let stand at room temperature 30 minutes or up to 2 hours. To serve, sprinkle with cheese and top with chopped egg whites and croutons. Makes 8 servings.

 EACH SERVING 456 cal, 33 g fat, 70 mg chol, 485 mg sodium, 34 g carb, 15 g pro. ■



It's easy! Watch our quick video tutorial. BHG.com/KaleChips



Tuscan kale wins for this salad. Its puckered dark green leaves are tender and mild-tasting.



STEM AND SLICEKale stems are really

the easy way: Slide your thumb and forefinger along the rib to separate. Stack leaves and slice crosswise. You want thin, bite-size pieces.



USE YOUR HANDS

Quickly work the dressing into the kale—not for long, just 30 seconds to incorporate. Then let it rest. We found 30 minutes is the sweet spot for the dressing to break down the kale so the leaves soften and relax.



delicious

Healthy, fast, and fresh solutions for dinner tonight.



- 1/4 cup olive oil
- 2 hearts of romaine, quartered lengthwise
- Tbsp. cider vinegar
- ½ cup chopped fresh basil Crumbled cheese (such as blue or feta)
- Coarsely chop vegetables. Transfer to a large bowl.
- 3. Brush romaine with 1 Tbsp. of the oil. Grill 1 minute per side or until lightly charred. Chop; arrange on plates.
- 4. Slice pork; add to bean mixture. Add remaining oil and vinegar; toss to coat. Season with salt and pepper. Serve over lettuce. Top with basil and cheese. Makes 4 servings.

EACH SERVING 436 cal, 32 g fat, 80 mg chol, 381 mg sodium, 11 g carb, 28 g pro.

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Peaches in Mango Homes

That Veg is in the Jirices

*Contains 1 serving (1/2 cup) that is 75% Fruit and 25% Vegetables, per USDA Nutrient Data.

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food | weeknight delicious WHAT YOU NEED 1. Preheat oven to 425°F. Place beets, potatoes, and shallots in a foil-lined shallow 12 oz. fresh beets, peeled and baking pan. Drizzle with oil; toss to coat. coarsely chopped Arrange in a single layer. Roast 15 minutes. 12 oz. sweet potatoes, peeled and 2. Stir vegetables; push to one side of the coarsely chopped pan. Place sausage, cut sides down, on the shallots, peeled and quartered other side of the pan. Roast 10 minutes Tbsp. canola oil more or until sausage begins to brown cooked chicken apple sausage and vegetables are tender. Season with links, scored and halved rosemary, salt, and pepper. lengthwise 3. For sauce, stir together yogurt, 1 tsp. chopped fresh rosemary mayonnaise, horseradish, and ½ cup plain Greek yogurt Worcestershire. Serve with vegetables and Tbsp. mayonnaise sausage. Makes 4 servings. Tbsp. prepared horseradish EACH SERVING 413 cal, 22 g fat, 87 mg chol, ½ tsp. Worcestershire sauce 968 mg sodium, 33 g carb, 18 g pro. ONE-PAN SAUSAGE & ROASTED ROOTS This is how we do simple and seasonal: Pair roasted root veggies with juicy chicken sausage and a spicy-tart horseradish yogurt sauce. Pin it! BHG.com/RoastedRoots **SAVE A STEP** Smaller shallots can be roasted whole; just remove the outer skin and bake. BETTER HOMES AND GARDENS | OCTOBER 2015 | BHG.COM

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Prilosec OTC® has been the

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- #1 Doctor[†] recommended, and
- **#1** Pharmacist^^ recommended frequent heartburn medicine for **10** straight years.

ONE PILL EACH MORNING. 24 HOURS.



ZERO HEARTBURN.*

LARRY THE CABLE GUY, ACTUAL USER

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect.
↑*AlphalmpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

food | weeknight delicious





Sausage CHICKEN ALFREDO READY IN: 1+10UR 15 minutes

Ipkg. Hillshire Farm Smoked Sausage

- 3 chicken breast halves cubed
- 2 theps. butter, divided
- 2 slaves garlie, minced, divided
- 2 thsps. chopped flat-leaf parsley
- 1 1/2 tsps. Italian seasoning
- 1/2 onion, diced

1 1/2 teps. solt

- 1/2 tep, ground white pepper
- 8 oz. pasta, cooked, drained
- 2 cups heavy cream
- 2 tsp. Cajun seasoning
- 1/2 cup grated Parmesan
- 1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

- 2. Cook chicken in butter, season with salt, white papper and Italian seasoning in a large skiller over medium-high heat until chicken is no longer pink.

 Stir in onion and parsley, cook until onions are transparent.
- 3. Add garlie cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.





ADD SOME





TO YOUR BISCUITS.



"FLAVOR IS THE DIFFERENCE BETWEEN CHEWING AND EATING."





five little pumpkins

Royal icing, a little sparkle, and a few very easy decorating techniques dress up simple sugar cookies.

BY MAGGIE GLISAN | PHOTO ANDY LYONS | FOOD STYLING JENNIFER PETERSON



THE TOOLS

- 1 recipe royal icing (below)
- Food coloring
- Small pastry bag fitted with a small round tip
- Edible glitter
- Sanding sugar
- Small paintbrush
- Skewer or toothpick

THE TRICKS

1. STRIPES

Pipe and flood varying color stripes; dry. Pipe outline; sprinkle edible glitter over lines (excess brushes off once dry).

2. SUGAR TOP

Pipe and flood white icing, piping monochromatic lines at the bottom. Sprinkle top heavily with sanding sugar.

3. POLKA DOT

Pipe and flood white icing; let dry. Dip fingers in colored icing and gently dot on cookie. Line outer edge of cookie with a paintbrush dipped in edible glitter.

4. SQUIGGLES

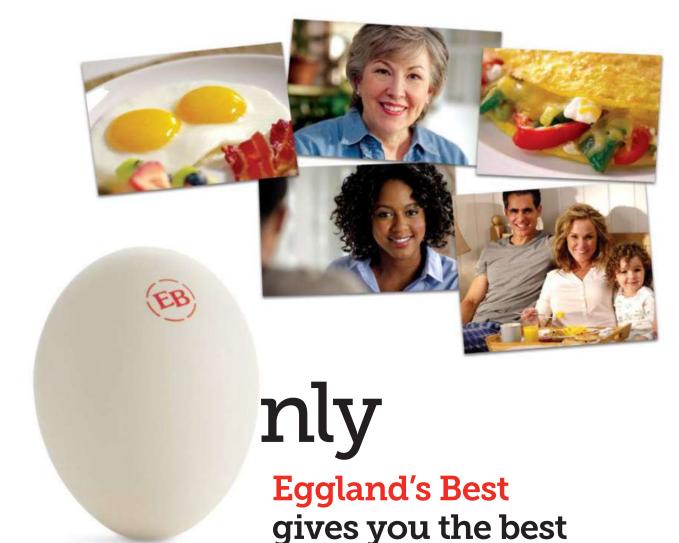
Pipe and flood white icing. While still wet, dip a skewer or toothpick into food coloring and swirl through to make lines.

5. FINGER PAINTING

Pipe and flood green icing. While still wet, dip your finger in white icing; pull lines from top to bottom. Finish with edible glitter.

ROYAL ICING

In a bowl stir together 16 oz. powdered sugar, 3 Tbsp. meringue powder, and ½ tsp. cream of tartar. Add ½ cup warm water and 1 tsp. vanilla. Beat with an electric mixer on low until combined. Beat on high 7 to 10 minutes or until very stiff. Tint with food coloring as desired. ■



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Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

in taste & nutrition.

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egglandsbest.com





THE ART OF

MAC & CHEESE





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LEMON-CAULIFLOWER RIGATONI

Cook 8 oz. dried rigatoni according to package directions, adding 1 medium head cauliflower, cut into 8 wedges, the last 7 minutes of cooking. Drain. Place 2 wedges on each plate. Set pasta aside. Meanwhile, in a large skillet cook 3 oz. pancetta, chopped, over medium heat until crispy. Remove with a slotted spoon; set aside. Add 4 cloves garlic, minced, and 1 tsp. snipped fresh rosemary to skillet; cook 30 seconds. Add 2 cups whipping cream and 1 tsp. lemon zest. Bring to a simmer. Simmer, uncovered, 3 minutes until just thickened; stir in 1/2 cup shredded Parmesan cheese. Stir in pasta to coat; serve over cauliflower. Top with pancetta and rosemary. Makes 4 servings.

CAULIFLOWER SAMOSA NACHOS

Unroll 1 rolled refrigerated piecrust onto a baking sheet. Bake 10 minutes at 425°F. Meanwhile, in a skillet heat 3 Tbsp. olive oil over medium heat. Add 4 cups cauliflower florets, 8 oz. thinly sliced Yukon gold potatoes, and 1/4 tsp. salt. Cook and stir 10 minutes. Add 2 cloves minced garlic, $1\frac{1}{2}$ tsp. grated ginger, 1 seeded and sliced serrano chile pepper, $1\frac{1}{2}$ tsp. garam masala, and 1 tsp. ground cumin. Cook and stir 2 minutes. Add 1 cup water; bring to boiling. Reduce heat. Simmer, uncovered, 5 minutes. Serve over broken piecrust pieces with cilantro and purchased mango chutney. Makes 4 servings. ■







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MADE WITH 6% Patent leather rain boots 94% What paws are for



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BETTER HOMES AND GARDENS | OCTOBER 2015 | BHG.COM

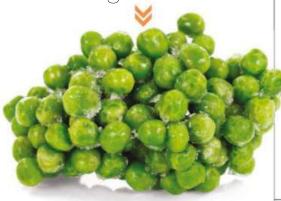
139

ive well

Smart strategies for a happy, healthy life



health showdown
Is it better to
buy fresh or frozen
vegetables?



It depends.

Big picture, fresh is best. But a few things to consider: When do you want to eat it?
Tonight, go fresh. Next week, get the frozen. Is it out of season? Veggies lose certain nutrients over time, explains Marjorie Nolan Cohn, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. And chances are those green beans were picked weeks ago; research shows they can lose 75 percent of their vitamin C after just a week. Finally, which type do you have easier access to? Eating frozen produce is better than not eating it at all.

inside info

One in six teens report symptoms of hearing loss, partly due to turning up the volume on earbuds. Rule of thumb: If anyone other than you can hear what you're listening to, it's too loud.



a safer way to

Carve a pumpkin

Slicing through a slippery jack-o'-lantern can be downright scary. Avoid a mishap with these tips from Rachel S. Rohde, M.D., associate professor of orthopedic surgery, Oakland University William Beaumont School of Medicine.

Choose the right blade Your safest bet is one of those inexpensive carving kits. Easier to control and not as sharp as a kitchen knife, these tools cause fewer injuries.

Set up a carving station To prevent pumpkins from slipping, cover a table with newspaper or a tarp topped with a nonstick silicone baking sheet. Have wet and dry washcloths nearby, and wipe hands regularly to keep them from getting slick.

Cut with care Make small, controlled cuts away from your body. Don't hold the pumpkin from the inside. Instead, put the stem cap back on and grasp the top.

Stay calm "People tend to injure themselves when they're rushed and frustrated," Rohde says. If your knife or tool gets stuck, slowly dislodge it. If you do get cut and don't stop bleeding after 10 minutes of pressure, head to the ER.

snack we love

Halfpops

For anyone who's ever scoured the popcorn bowl for those barely open kernels: Halfpops are air-popped just enough, come in flavors like cheddar and caramel and sea salt, never have more than four ingredients, and are just 140 calories per bag. \$1.69; halfpops.com



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Silk Vanilla
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deliciously smooth
and most people
prefer its taste to milk.
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Silk helps you bloom

#silkbloom

family time

Teacher support



If it's Saturday morning, you'll find Liz Cook and her daughter, Maddy, 11, stocking shelves at The Teacher's Desk, a nonprofit in Buffalo that provides school supplies for

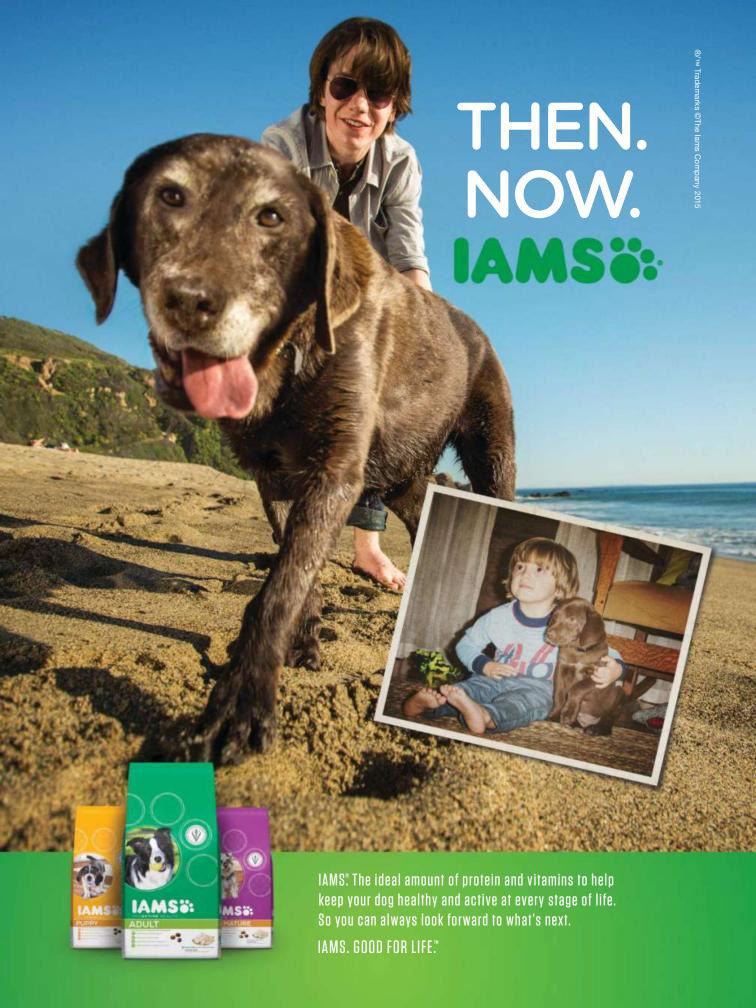
students in need. "I wanted to find a volunteer project that would show Maddy how many people in our community need our help," Liz says. "But she's learned way more than that." When they began volunteering, Maddy was just excited to be around the brightly colored pens, pencils, and notebooks. "But then she started asking questions and found out that some teachers have a supplies budget of just \$50 a year," Liz says. Watching the teachers' faces light up has been the best motivator. "Many times, we'll see a teacher walk through the space and start crying," Lizsays. "It inspires us every time."

—Lambeth Hochwald

finds

do-goodies

At least 20 percent of the proceeds from these items benefit breast cancer charities. 1. Ford Warriors in Pink Scarf, \$34; all net proceeds go to your choice of four charities. fordcares.com 2. Clinique Great Cause, Great Skin **Dramatically Different Moisturizing** Lotion + Charm Set, \$38; the Breast Cancer Research Foundation gets \$10 (26 percent). clinique.com 3. Bobbi Brown Peony Blush and Brush, \$50; \$12 (24 percent) goes to the BCRF. bobbibrowncosmetics.com 4. Elaine Turner Pocket Square, \$48; MD Anderson Cancer Center gets 20 percent. elaineturner.com 5. Watercolor Dog Bowl, \$22; the BCRF gets 30 percent. waggo.com 6. Ulta Cuff Bracelets, Clutch, and Compact, \$5 each; 50 percent goes to the BCRF. ulta.com 7. PaddyWax Salted Grapefruit Hand Wash, \$19: Candle,\$20; Diffuser, \$29; 25 percent goes to the BCRF. paddywax.com WOOF! Pets can get in on the charity action, too.





better | live well

fit tools

yoga mat totes

Gearing up to wind down was never so easy. Take your pick—from simple straps to roomy carryalls. $-Karen\,Asp$





The Special K Flatbread Medley. Eggs with spinach and melty cheese on a thin bagel baked with whole grain, all in 170 deliciously satisfying calories.



Find it with frozen breakfast sandwiches.

Let kids have some input into their extracurricular choices, and they'll get the most out of them.

BY ELIZABETH LOMBARDO, PH.D.

QUESTION

After just three trumpet lessons, my son wants to quit—but playing an instrument is such a good thing. **Do I push him to stick with it?**

ANSWER

While it's true that learning an instrument is good for brain development and can help kids do well in school, they only get the benefits if they're engaged and willing participants.

Some kids need a little push to stay the course, then they get in the groove of playing music; others are just not interested. Tell your son he has to continue the lessons for a set time. To help decide whether he should quit after that, get some intel about why he wants to stop. A good start: Ask what he doesn't like about the trumpet. Is he frustrated because he doesn't think he's good? If so, you can talk about having fun instead of trying to be the best. If he's bored, maybe he can choose the songs he learns, switch teachers, or even try another instrument. Once the time is up and you've tried to make it enjoyable, if your son still isn't into it, discuss next steps and possible replacement activities.

When deciding whether to let a child stop an activity, think about the "why"—on your end and his. If he truly doesn't want to continue, then there's no real upside to forcing him. Also consider: Are your interests or his at play? Were you hoping music would become your child's career? Extracurriculars are a beneficial part of a child's education; my strategy is to let kids choose one or two themselves. If the activities change, that's OK—trying different things helps kids find their true passions. We want to give kids every advantage, but we have to balance our own desires with theirs.



ELIZABETH LOMBARDO, PH.D.
Clinical psychologist and author of Better Than Perfect.
Send her a question at goodkid.project@meredith.com.

MEDIA MATTERS Hard work and

Hard work and resilience help the main characters in these family-friendly movies realize their true passions.

Mr. Holland's Opus (PG) An aspiring composer takes a job as a music teacher thinking it's temporary, but then discovers the powerful influence of music in kids' lives.

Akeelah and the Bee (PG) A gifted speller, 11-year-old Akeelah must stay focused and disciplined to see the true benefits of her gift.

The Karate Kid (1984, PG) To protect himself against bullies, high schooler Daniel LaRusso takes up karate, but finds it's much more than a means of self-defense. ■

Your teen would like to have a

as much as you would like to play their

video game





You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded. An afternoon snack you Mix, Heat and Eat.







ten best

family spas

All ages can get some R & R at these destinations where together time is part of the package.

BY LARRY BLEIBERG
ILLUSTRATION BY SARA FRANKLIN



Omni Homestead Resort, Hot Springs,

This 2,000-acre historic resort has hosted 23 presidents, but now families rule the roost. Everyone can gather in a special spa suite for treatments, and adults can take a dip in the two major hot springs naturally located on the resort grounds. thehomestead.com

Nemacolin Woodlands Resort, Farmington, PA

Even pets are pampered here, with dog-friendly aromatherapy and massage baths at the Wooflands Pet Care Center. The Grove Kidz Spa caters to 5- to 15-year-olds, and a new Holistic Healing Center offers acupuncture, reflexology, tai chi, and yoga. nemacolin.com

Aulani Disney Resort & Spa, Ko Olina, HI

Talk about starting early: A parent-baby massage, a toddler mani/pedi, and a hula class are just three options for the young ones. A group massage hosts up to six, and everyone can whip up a Hawaiian-inspired scrub at the Pulu Bar. **DEAL** Oct. 26–Dec. 21, get 30 percent off a fivenight stay, 25 percent off four nights. *resorts.disney.go.com*

A Nickelodeon Suites Resort, Orlando, FL

How many spas have SpongeBob and Dora on staff? Along with braiding, feather extensions, and airbrushed tattoos, the Kids' Spa offers express polish so you don't miss pool time. **DEAL** Get a 25 percent discount on lodging with *NICK2015*. Blackout dates might apply. *nickhotel.com*

5 Park Hyatt Beaver Creek, Avon, CO

A bubbling footbath and nail decals are highlights of the Allegria spa packages for girls (ages 5+), while tweens and teens can try a 25-minute massage (with swimsuit). And adults can indulge in mineral baths and couples suites. It's almost enough to make you forget the slopes. beavercreek.hyatt.com

Hyatt Regency Hill Country Resort & Spa, San Antonio,

TX Everyone can round up relaxation at the ranch-style Windflower Spa, retrofitted into reclaimed Texas barns. An All About Me massage rubs away school stress, and a #Nofilter Facial is geared to teen complexions. Grown-ups can sign up for a Rancher's Skin-Care or Firm My Hide treatment, which includes a cactus gel rubdown. hillcountry.hyatt.com

Pinehurst Resort, Pinehurst, NC Come

for the golf, don't miss the spa: Package up an afternoon of Mom and Me makeup, hair, and nails. And for the putters in the family: a Sportsman's Recovery Soak in a bath of pine, rosemary, arnica, and eucalyptus oils. **DEAL** Kids under 12 stay, eat, and play golf free. *pinehurst.com*

Mohonk Mountain House, New Paltz,

NY This 30,000-square-foot spa-in-a-castle offers a full-service menu for visitors 16 and up. The resort opened in 1869, but we bet Victorian-Era teens didn't sign up for the Texting Tension Tamer, a massage for shoulders, neck, forearms, and hands. Younger ones (6–15) aren't left out with Me Too! manis and pedis. *mohonk.com*

Indian Wells Resort & Spa, Indian Wells,

CA A Little Spa Goer menu of treatments welcomes kids 10+ with massages and a tweenteen skin care session at the Agua Serena Spa. Adults can check out the Medical and Skin Spa, while everyone can enjoy golf, tennis, and lounging by the pool. indianwells.hyatt.com

Artesian Hotel, Casino & Spa, Sulphur, OK Parents get

pampered at Sole'renity, and kids can follow suit at the Little Soles Kids' Spa. On the roster: manis, flavored soaks, chair massages, and a chocolate frosting facial—complete with kiddo-size robes and slippers. artesianhotel.com







THE STORY BEHIND THE STATS

BY ALYSSA SHAFFER ILLUSTRATIONS BY MORGAN LEVINE

Numbers might not lie, but they don't always tell the full story about breast cancer. While experts need statistics to recommend screening and treatment, those stats don't categorically apply to all women. We asked experts to make sense of the most commonly cited figures.



1 ln 8

WOMEN WILL BE DIAGNOSED WITH BREAST CANCER.

"It's not as if when eight women are sitting in a room, one will definitely develop breast cancer," says Susan Love, M.D., a leading researcher and president of the Dr. Susan Love Research Foundation. Rather, this National Cancer Institute stat refers to your lifetime risk, so your chances of developing breast cancer aren't 1 in 8 at any given age. In your 20s, the risk is 1 in 1,732. At 30, it's more like 1 in 228. Once you hit 40, this risk rises to 1 in 69; at 50 it's 1 in 43. "You have to live to almost 100 for your risk to be 1 in 8 at that very point in your life," Love explains.

The main message: Know your risk factors, and talk to your doctor about which screenings you should get when. But don't panic. We're not all ticking time bombs.





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THINGS THAT WON'T CAUSE BREAST CANCER

A top breast doctor busts medical myths

ANTIPERSPIRANTS

The theory that aluminum causes toxins to concentrate in the breasts doesn't hold up in the research, says Deanna Attai, M.D., president of the American Society of Breast Surgeons.

UNDERWIRE BRAS

They might make you feel hemmed in, but there's no research showing that the wire slows circulation and causes a toxin buildup.

CAFFEINE

A daily coffee habit can make you more prone to developing benign cysts, but there's no good evidence on the cancer-risk front.

BREAST IMPLANTS

Silicone or saline, a 10-study analysis found no increase in breast cancer risk among women with implants. The problem, however, is that implants can make it hard for a radiologist to clearly see all of the breast.



85%

OF BREAST CANCER PATIENTS HAVE NO FAMILY HISTORY OF THE DISEASE. No one in your family has breast cancer? That's a good thing, but it doesn't mean you're totally off the hook. After all, that's the case for most people diagnosed with the disease. You still need a regular screening program. According to the U.S. Preventive Services Task Force, that means a mammogram every two years starting at age 50, while the American Cancer Society and other health organizations recommend annual mammograms starting at age 40.

So what should you do? That's a decision you should make with your doctor based on your risk factors. You've got some nonnegotiables: age, race, genetics, health history. Risk increases as you age. White women are slightly more likely to be diagnosed, but black women are more likely to develop more aggressive forms at a younger age. Had a different cancer that required radiation? Did you have kids—and when? They all factor in. The point is to figure out what's right for you. Learn more about risk factors at *breastcancer.org*, talk it out with your doctor, and make a plan that's comfortable for you.

10-20%

REDUCTION IN BREAST CANCER RISK FOR WOMEN WHO EXERCISE REGULARLY. It's not a magic bullet, but regular exercise has a big impact on your breast cancer odds. That's especially true as you get older: Women who up their activity levels after menopause have a greater reduction in risk, probably because exercise helps you stay at a healthy weight. And more is better: Women who exercised for more than three hours weekly reduced their risk 30–40 percent.



better | health

NUMBERS EVERY WOMAN NEEDS TO KNOW

1

Number of alcoholic drinks you can have daily before your breast cancer risk rises significantly. And we do mean daily: You can't save it up for Saturday night.

61

The average age of a woman who's diagnosed with breast cancer.

150

Minutes of moderate-intensity activity each week that help reduce breast cancer risk. Think 30 minutes of brisk walking five days a week.



4 out of 5

MAMMOGRAMS ARE ACCURATE. Even though it's not foolproof, mammography is one of the best breast cancer tests we have. And the technology is improving. Digital mammograms make it easier for doctors to track changes and compare case histories; ask your doctor to refer you to an imaging center that does digital, which is becoming more standard.

A 3-D mammogram, aka tomosynthesis or tomo, helps radiologists get a more thorough view. "A standard mammogram takes a picture of the breast in just two views, but the 3-D version takes that picture in 1-millimeter slices," explains Therese Bevers, M.D., medical director at The University of Texas MD Anderson Cancer Center, Houston. "That means we're now looking through much less tissue to see if there is a mass, which improves the detection of breast cancer."

One recent study found that 3-D mammograms picked up about 30 percent more cases of breast cancer and resulted in fewer false positives. However, 3-D mammograms aren't categorically recommended at this time (the extra cost isn't always covered by insurance). Talk to your doctor about whether to go the 3-D route.

31 million

BREAST CANCER SURVIVORS ARE LIVING IN THE U.S. In fact, deaths from the disease have dropped 34 percent since 1990. The number of cases is down, too, with the American Cancer Society estimating 292,130 new cases in women for 2015. Seeking support through the earliest stages helps you feel more empowered, plus it can help improve your outcome. Research has shown that women who reported having ample social support six months after diagnosis had a 48 percent lower risk of recurrence.

While support groups affiliated with major cancer organizations can play a part, you don't need to sit with a group of strangers to get the benefit. "Support that makes a difference can come from almost anywhere—family, friends, even online," says Susan Brown, M.S., R.N., managing director of health education for Susan G. Komen. Social support has also been shown to help relieve anxiety, depression, and stress, and even ease pain. Perhaps most importantly, it can help you feel some control over your diagnosis.



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healthy eating

ry powder

Along with savory-sweet flavor, this South Asian blend adds a hefty dose of healthy to any dish.

BY SARA REISTAD-LONG

POTENT MIX

Curry isn't merely one spice, it's a complex blend that varies from chef to chef, region to region. But the common thread is that it offers legit health benefits. Turmeric, a main ingredient, is a powerful antiinflammatory, as are curry regulars cumin, coriander, cinnamon, fenugreek, fennel, nutmeg, saffron, and tamarind. Research shows that working curry into your diet regularly can lower the risk of heart disease, diabetes, and other conditions linked to inflammation.

STOMACH SOOTHER

Curry staples cumin and fenugreek aid digestion and quell stomach upset. Research has found that coriander might destroy food-borne bacteria, including E. coli, and help prevent food poisoning. And ginger has long been shown to ease nausea.

BRAIN FOOD

Cumin and turmeric have cognitive benefits. Rich in iron, cumin can help improve blood flow and increase oxygen delivered to the brain, leading to sharper thinking. And a review of 50 studies found that turmeric can help prevent the plaques that hinder brain function in Alzheimer's.

SPICE RACK RX

Many of the spices in curry—especially turmeric, coriander, and cumin—have a long health history. They're integral to Ayurvedic (pronounced EYE-ur-VAY-dic) medicine, a 5,000-year-old practice from India that uses diet and exercise to balance the body and mind.

SHAKE IT UP

Tablespoon

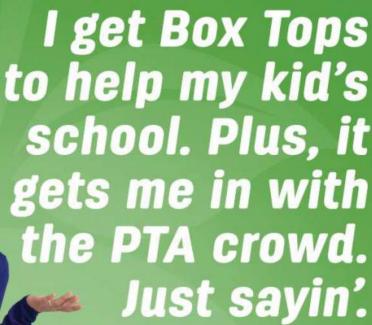
It's an easy way to add kick to side dishes and snacks: Sprinkle curry powder on vegetables, popcorn, and baked fries; even mix in to ketchup or mayonnaise. And, thanks to its hint of sweet, you can try blending it into smoothies for bonus health points.

Curry it up! 10 recipes starring this

versatile seasoning: BHG.com/CurryRecipes

SOURCES: GERARD MULLIN, M.D., ASSOCIATE PROFESSOR OF MEDICINE AT JOHNS HOPKINS UNIVERSITY, AUTHOR OF THE GUT BALANCE REVOLUTION. SOPHIE ULIANO, AUTHOR AND CERTIFIED HOLISTIC NUTRITIONIST ON HALLMARK CHANNEL'S HOME & FAMILY





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Good & Honest



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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

EASY CHEESY, pages 32-37 Visit Abby Larson's website, Style Me Pretty; stylemepretty.com.

AMBER GLOW, pages 46-48 Color expert: Nathan Turner, Los Angeles; 310/275-1209; nathanturner.com.

PUT IT IN NEUTRAL, pages 59-64 Visit The Home Depot to view the complete Ralph Lauren Paint collection; homedepot.com, search: Ralph Lauren Paint.

THE SMART LIFE, pages 81–94 Architecture and construction: Todd A. Rabidoux, AIA, architect, Dustin Melzark, project manager, Lakeside Development Co., 1500 W. Market St., Mequon, WI 53092; 262/292-2300; lakesidedevelopment.com.Interior design: Lauren Liess, Lauren Liess & Co.; Washington, D.C.; 571/926-7825; laurenliess.com. Kitchen and bath design: Janice Pattee, CKD, CMG, Janice Pattee Design, Indianapolis; 317/938-1581; janicepatteedesign.com. Landscape architecture: Jovo Ivekich, ASLA, Elements Design Studio, Whitefish Bay, Wisconsin; 414/688-7800; eodstudio.com.

ENDLESS SUMMER, pages 100–105 Landscape, planting: Wendy Booth, Ivy Street Design, 3840 York St., Ste. 118, Denver, Colorado; 303/320-0362; ivystreeetdesign.com.

RECIPE INDEX

YOU DON'T KNOW BEANS

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RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

DAILY GIVEAWAY SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules and entry at BHG.com/Win. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., ET. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Sweepstakes is offered by Meredith Corporation and will be promoted by other publications owned by Meredith in various creative executions online and in print. Limit one (1) entry per person and per e-mail address per day, regardless of the website used to submit entry. Void where prohibited. Sponsor: Meredith Corporation.

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Subject to Official Rules available at *beautybash.me*. The National Beauty Month Sweepstakes begins at 12:01 a.m. EST on 08/24/15 and ends at 11:59 p.m. EST on 10/31/15. Open to legal residents of the 50 United States, and the District of Columbia,

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LEGAL NOTICE

If You Purchased a Product That Contains Flexible Polyurethane Foam, Such as a Mattress, a Couch, or Carpet Underlay, You Could Be Eligible to Receive Money by Participating in Nine Proposed Class Action Settlements Valued at \$151,250,000.

TO DETERMINE IF YOU ARE ELIGIBLE TO RECEIVE MONEY, READ BELOW.
YOUR LEGAL RIGHTS ARE AFFECTED.
PLEASE READ THIS NOTICE CAREFULLY.

To File a Claim, Visit $\underline{www.PolyFoamClassAction.com}$

Para una notificación en español, llamar o visitar nuestro website.

Who is paying the settlement money?

A lawsuit known as *In re Polyurethane Foam Antitrust Litigation*, Case No. 10-MD-2196, is pending in the United States District Court for the Northern District of Ohio in Toledo. The Court previously approved Settlements with two Defendants in the lawsuit: Valle Foam Industries, Inc. and Domfoam International, Inc.

Additional Settlements have now been reached with the following Defendants: (1) Carpenter Co., (2) FFP Holdings LLC, (3) Future Foam, Inc., (4) FXI Holdings, Inc., (5) Hickory Springs Manufacturing Company, (6) Leggett & Platt, Incorporated, (7) Mohawk Industries, Inc., (8) Vitafoam (Vitafoam Products Canada Limited, and Vitafoam, Inc.), and (9) Woodbridge (Woodbridge Foam Corporation, Woodbridge Sales & Engineering, Inc., and Woodbridge Foam Fabricating, Inc.). Together, these "Additional Settling Defendants" will be paying a total of \$151,250,000 into the Settlement Fund. There are no other Defendants that have not settled.

What is the lawsuit about?

Several individuals and businesses ("Plaintiffs") brought claims on behalf of a Class of end-user "indirect" purchasers of products that contain flexible polyurethane foam manufactured or supplied by the Defendants. These products include bedding (for example, mattresses, mattress toppers, or pillows) carpet underlay (also called carpet padding or carpet cushion), and upholstered furniture (for example, a sofa with foam cushions).

Plaintiffs claim Defendants engaged in a conspiracy to: (i) increase prices of flexible polyurethane foam and (ii) not compete for, or "allocate," customers. Plaintiffs contend Defendants violated numerous States' antitrust and consumer protection laws. Defendants deny these claims and deny they are liable to Plaintiffs in any way. The Court has not decided who is right.

Who is included in the lawsuit?

YOU are included in the lawsuit and may be entitled to money IF:

- 1. You purchased one or more of the following products containing flexible polyurethane foam that was manufactured in the United States: upholstered furniture (such as a couch with foam cushions), carpet underlay (foam padding), or bedding products (such as a foam mattress or pillow), and
- 2. You are the end-user of the product that you purchased, meaning you did not buy it for resale to someone else, *and* 3. You made your purchase in AL, AZ, CA, CO, DC, FL, HI, IL, IA, KS, ME, MA, MI, MN, MS, MO, NE, NV, NH,
- You made your purchase in AL, AZ, CA, CO, DC, FL, HI, IL, IA, KS, ME, MA, MI, MN, MS, MO, NE, NV, NH, NM, NY, NC, ND, OR, RI, SD, TN, VT, WV, or WI, and
- 4. You made your purchase during the time period January 1, 1999 to August 1, 2015.

What do the Settlements provide?

Defendants in the nine Settlements will pay a total of \$151,250,000. If the Plan of Allocation is approved by the Court, payments will be made to each Claimant from each Settlement *pro rata* based on the number of valid claims filed and the amounts paid for qualifying products. You can obtain more details about the Plan of Allocation at www.PolyFoamClassAction.com, or by calling 1-866-302-7323.

The Settlement Fund may also be used to pay for: (1) the cost to administer the Settlements, (2) attorneys' fees, costs, and expenses, and (3) awards to Class Representative Plaintiffs. Plaintiffs' counsel will request attorneys' fees not to exceed thirty percent (30%) of \$151,250,000, plus reimbursement of costs and expenses. The Court will then decide a reasonable fee and expense award.

How can I get a payment?

You must submit a Claim Form to get a payment. You can submit a claim online or by mail. The deadline to submit a claim is **FEBRUARY 29, 2016**. Claim Forms are available at www.PolyFoamClassAction.com, or by calling 1-866-302-7323.

Who represents you?

The Court has appointed Marvin A. Miller of Miller Law LLC to represent the Plaintiff Class.

What are your options?

- 1. Participate. If you made purchases that include you in this lawsuit and you do *not* timely request to be excluded from the Settlements, then you will automatically be bound by the terms of the Settlements. You will also be legally bound by all orders and judgments of the Court. You will not be able to sue the Additional Settling Defendants in any other lawsuit for conspiring to fix prices or allocate customers of flexible polyurethane foam. In order to get a payment from the Settlement Fund, you must submit a Claim Form.
- 2. Don't Participate. If you do not want to be a part of one or more of the nine Settlements, you may request to be excluded. If you are excluded from a Settlement, you will not be bound by or benefit from that Settlement, or any other Court orders relating to that Settlement, but you will keep your right to sue or resolve your claims on your own against that Additional Settling Defendant. To see the requirements for submitting a valid request to exclude, visit www.PolyFoamClassAction.com, or call 1-866-302-7323. Requests to exclude must be in writing and received by NOVEMBER 25, 2015.

Court Hearing

The Court will hold a hearing to decide whether to approve the nine proposed Settlements. The hearing will be on **DECEMBER 15, 2015, at 10:00 a.m.** at the Ashley U.S. Courthouse, 1716 Spielbusch Avenue, Toledo, Ohio 43604. The Court may change the date, time, or location of the hearing. To obtain the most up-to-date information regarding the hearing date and location, please visit www.PolyFoamClassaction.com, or call 1-866-302-7323.

If you choose to participate in one or more of the Settlements, **you may object to or comment on those Settlements in writing by NOVEMBER 13, 2015.** You or your own lawyer may appear and speak at the hearing at your own expense. To see the requirements for filing an Objection, visit www.PolyFoamClassAction.com, or call 1-866-302-7323.

Do you have questions?

If you have questions, want more details, or want to see other documents describing this lawsuit and your rights, visit www.PolyFoamClassAction.com, or call 1-866-302-7323.

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PLEASE DO NOT CONTACT DEFENDANTS OR THE COURT FOR INFORMATION REGARDING THIS LAWSUIT OR THE SETTLEMENTS.



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